

NUDGE, NUDGE
You'll soon
be a Sir, Rod
jokes to Becks

SEE PAGE 15

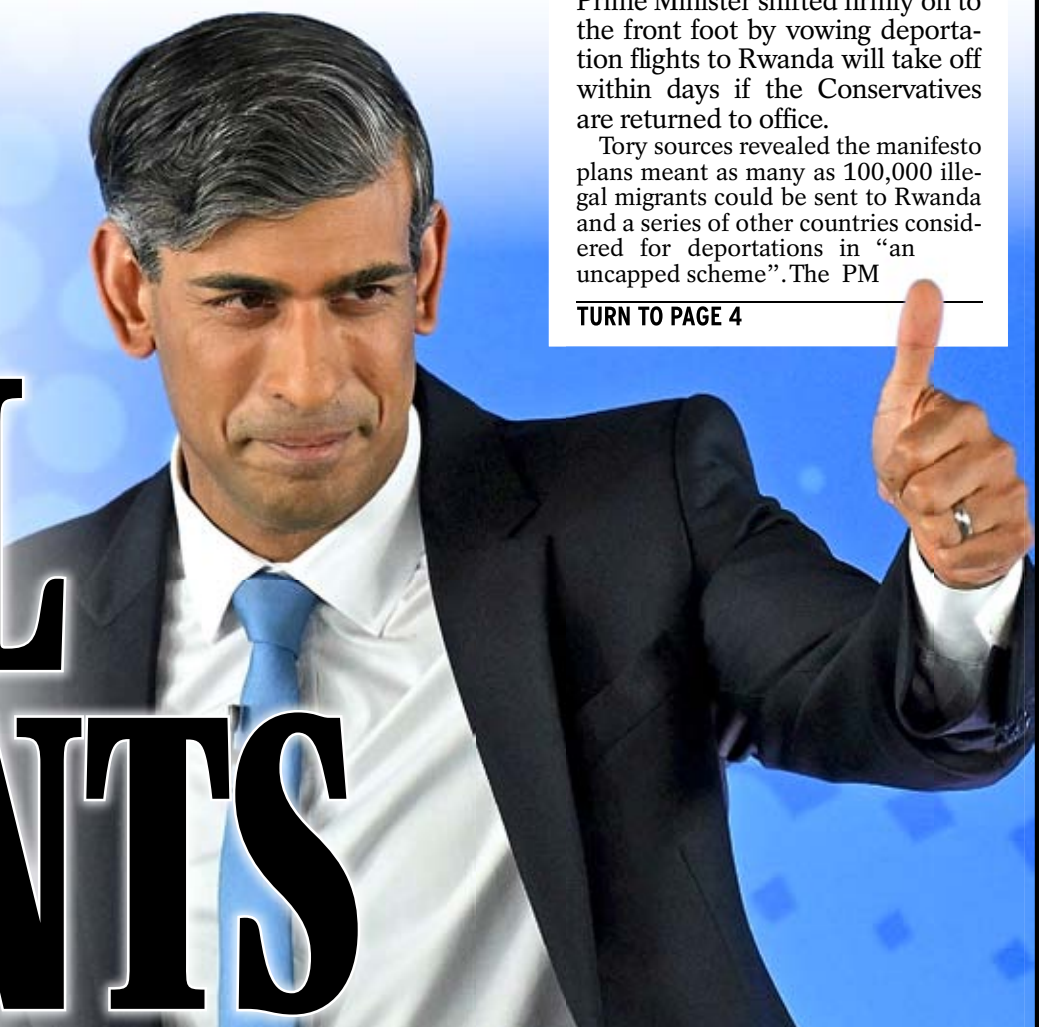


DR MICHAEL MOSLEY
This charming
and gifted man
changed lives

JAMES RAMPTON SEE PAGES 22&23



TORY AMBITION TO DEPORT 100,000 ILLEGAL MIGRANTS



By **Sam Lister** and **Steph Spyro**

RISHI Sunak has fired up the election by promising to slash legal migration in half with a Tory plan emerging to deport as many as 100,000 illegal immigrants.

Unveiling his manifesto, the Prime Minister shifted firmly on to the front foot by vowing deportation flights to Rwanda will take off within days if the Conservatives are returned to office.

Tory sources revealed the manifesto plans meant as many as 100,000 illegal migrants could be sent to Rwanda and a series of other countries considered for deportations in "an uncapped scheme". The PM

TURN TO PAGE 4

Putting the petal to the metal for rosy displays

GARDENER Diana Perry certainly rose to the occasion this year – by helping create and prune this stunning display of the nation’s most-loved flower.

The green-fingered worker and her colleague Beth Turner are part of the team at David Austin Rose Gardens, which boasts more than 4,000 roses within six themed gardens.

And the best time of year to visit is now – the early summer.

Home to the National Collection of English Roses, the attraction was set up in the 1960s by rose breeder David Austin Snr in

By **Emily Braeger**

Albrighton, Shropshire, where he was born. Before his death in 2018, at the age of 92, his company had introduced more than 190 rose cultivars – the first being “Constance Spry” in 1961.

Now run by his son, also called David, the family firm has won a grand total of 44 gold medals at the RHS Chelsea Flower Show and the RHS Hampton Flower Show.

Last month the star of its Chelsea display was its new Bridgewater rose – named after acclaimed potter Emma

Bridgewater. It is described as “a romantic-looking rose with medium-sized blooms that look like an impressionist painting even in real life” and offering “a mesmerising kaleidoscope of colours”.

Today should be another fine day for most gardeners across the country, say forecasters.

A mainly bright day is in store with sunny spells – but scattered showers are likely to develop and may become heavy, especially across central and eastern areas.

And a cool northerly breeze will keep temperatures below average.



Growing for gold...
Diana, right, and Beth, far left. Inset, a visitor sniffs a bloom

Say yes to 1/3 off selected pizza.



Nectar Price

£3.15

Without Nectar

£4.75

Taste the Difference
Mozzarella & cherry tomato
pizza 484g





Summer idyll all year round for £500,000...

By **Emily Braeger**

EVER fancied getting away from it all on your own island? Well, here is your chance – for £500,000.

Remote Mullagrach off the coast of Scotland offers stunning beaches, 88.7 acres of land and the complete absence of noisy, or nosey, neighbours.

Complete with rugged cliffs, caves and lush greenery, it has everything you need to enjoy a relaxed lifestyle.

Composting

Your only company will be birdlife including great skua, kittiwakes, shag, fulmars and geese.

But potential buyers will need hardy outdoor clothing and sturdy footwear, and be fit enough to go by boat and climb ladders to reach the idyll – 35 minutes by boat from Old Dorney Harbour on the north-west Highland mainland.

Mullagrach is the most northerly of the Summer Isles. Marketed by Galbraith of Inverness, it was bought by the current



Picture: GALBRAITH

Peace and tranquility...Mullagrach Island

owners in 2006 with a view to conserving and improving vegetation and wildlife.

It has a “low environmental” heather-clad roofed cabin, which the agent says “blends into the landscape”.

The wooden building was made to cope with the elements and has solar panels for power. There is a rainwater collection system, while drinking water is bottled. It has an outside composting loo.

The cosy bolt-hole also has two box beds and a kitchen with a wood-burning stove. And for those inclined to have a connectivity panic, Mullagrach can now even receive 4G.

Nectar Price

£3.15

Without Nectar

£4.75

Taste the Difference
Garlic chicken &
smoked bacon
caesar pizza 465g



Nectar Price

£3.15

Without Nectar

£4.75

Taste the Difference
Salami, prosciutto ham
& chorizo pizza 455g



Sainsbury's
Good food for all of us

£8,000 for death flight travellers

By **Mark Reynolds**

SINGAPORE Airlines yesterday offered compensation to passengers who were injured when a flight from London was hit by extreme turbulence.

A 73-year-old British passenger died of a suspected heart attack and dozens more were taken to hospital with spinal, brain and bone or organ injuries following the incident on May 20.

Those with minor injuries have been offered \$10,000 (£7,850), the airline said in a statement.

"For those who sustained more serious injuries, we have invited them to discuss a compensation offer to meet each of their specific circumstances when they feel well and ready to do so."

Fare refunds and delay compensation will be offered to all passengers, it added. The plane fell 178ft in less than one second, said Singapore's Transport Ministry.

Robo-care to aid eye treatment

By **Hanna Geissler**

RADIOTHERAPY given by robots could improve care for a serious eye condition, a trial found.

The approach means patients would no longer require regular injections into their eye to preserve their vision.

Savings made from a fall in the number of jabs were also larger than the cost of the robot-controlled treatment, researchers said.

Age-related macular degeneration is a common eye disease that mainly affects people from their 50s and 60s.

Wet AMD is caused by tiny blood vessels that grow in the back of the eye and leak fluid, causing scarring.

The disease impacts middle vision. Treatment includes regular jabs of a medication ranibizumab into the eye.

The trial, published in The Lancet, comprised 411 wet AMD patients.

Dry AMD is a slow deterioration of retinal cells over many years.

Rishi: We will halve inflation, and then

FROM PAGE ONE

said the Tories would halve legal migration then cut numbers "every single year" – and he attacked Sir Keir Starmer's Labour for not having a plan to thwart illegal migration.

More than 125,000 migrants have reached the UK on small boats since 2018 and most are still here. The Tories suggested up to 100,000 people who have crossed the Channel illegally will be deported to other countries under their proposals.

A spokesman said the deal with Rwanda is "uncapped" but some arrivals will be returned to their home country. Around 10,000 Albanians have already been sent back under an agreement struck with the Balkan nation.

The Government has been in talks with other countries, such as Vietnam, to replicate the deal with Rwanda's leadership in Kigali.

A Tory spokesman said a pact with

CONSERVATIVES are the party who have always been on pensioners' side.

No one can forget how the last Labour Government put pensions up by a paltry 75p, raided £118 billion from pension pots and crashed the economy, hitting pensioners hard.

When the Tories came to office, we introduced the Triple Lock to give pensioners the financial security they deserve after working hard all their lives.

Thanks to the Triple Lock, the basic state pension has risen by £3,700 since 2010, £1000 more than if it had been uprated by earnings alone. Now we will cut tax for pensioners too, ensuring the state pension never gets dragged into income tax.

Our manifesto confirms that from next April, we will introduce a new age-related allowance – the equivalent of a tax cut worth around £100 for eight million pensioners. We're calling it the Triple Lock Plus, giving pensioners extra dignity and peace of mind in retirement.

Labour have not matched our pledge. If they win, they

COMMENT

MEL STRIDE

Work and Pensions Secretary

will let the state pension be dragged into income tax for the first time in history – creating a retirement tax.

Asking people who cannot easily increase their income to pay more is not fair. We wouldn't let that happen.

The Triple Lock Plus is part of our bold plan to cut tax for workers, parents and pensioners. We will deliver a total of £17.2 billion of tax cuts per year by the end of the decade, putting more money back in the pockets of people who know how to spend their own cash best.

It will help to boost the economy and create new opportunities for the next generation.

There is a clear choice between our plan to give pensioners financial security and spread opportunity.



PM claims D-Day events 'ran over'

THE Prime Minister said D-Day events "ran over" in an interview recorded before controversy erupted over his early return from the commemorations last week.

Rishi Sunak apologised for holding up last Thursday's ITV chat, which airs tonight, after he returned to the UK from France.

He described the 80th anniversary ceremonies staged in

By **Katie Harris**

Normandy as "incredible" but added that "it all just ran over".

Mr Sunak has faced intense criticism for leaving during the international commemorations.

Pressed about his upbringing in the interview with ITV Tonight, the PM – often challenged about his wealth – said he went without

Sky TV as a child. He said his family arrived in the UK "with very little" and his parents "wanted to put everything into our education".

Asked to name something he had to go without, he said: "All sorts of things, like lots of people. There'll be all sorts of things that I would've wanted as a kid that I couldn't have. Famously, Sky TV."

the East African nation is "an uncapped scheme – this is the whole point". Efforts to broker similar deals would continue under the Conservatives, he added.

Revvng up his party's election campaign yesterday, Mr Sunak laid out his blueprint for the UK in a speech at Silverstone race track.

He announced £17 billion of tax cuts to help workers, pensioners and parents over the next five years.

Promising to fight to the end for every vote, the PM claimed Labour planned to pick the public's pockets while failing to tackle migration.

Mr Sunak said: "Keir Starmer simply can't tell you what he would do with people who come here illegally because he doesn't believe it's a problem. With Brexit we took control of our borders, but migration has been too high in recent years and

we have a clear plan to reduce it. We announced changes which mean 300,000 people who were previously eligible to come here now can't, and we will introduce a migration cap that means Parliament...will vote on how many people should be able to come here every year.

"Our plan is this: we will halve migration as we have halved inflation, and then reduce it every single year."

Net migration – the difference between the totals of people arriving and those leaving – hit a record high of 764,000 in 2022, said the Office for National Statistics.

It fell to 685,000 last year but measures announced in November by Mr

Sunak have started to have a significant impact, with health and social care visas – widely believed to have been exploited – falling by 83% in March compared with last year.

The Tory manifesto did not go as far as pledging to sever ties with the human rights court in Strasbourg that has been instrumental in blocking deportation flights to Rwanda.

But Mr Sunak insisted he would prioritise protecting Britain's borders over international laws.

The manifesto says there will be a "relentless" number of planes sent to the East African nation until the "boats are stopped". But the PM told the Daily Express he was "deliberately not" putting a figure on how many because "we don't want to compromise operational security".

Mr Sunak took aim at Sir Keir,

insisting: "Just saying 'smash the gangs', 'smash the gangs' is not a plan – a slogan is not a plan. You need to have something to do with illegal migrants. We've got a plan, he doesn't and that means the situation will just get worse."

The Tory leader has had a challenging start to his election campaign and acknowledged yesterday that voters are "frustrated".

He pointed to the way he had put together the furlough package to help workers in the pandemic, just weeks after he became Chancellor: "I'm not blind to the fact that people are frustrated with our party and frustrated with me."

"Things have not always been easy. And we have not got everything right." But he added: "We are the only party in this election with

DAILY EXPRESS VOTE

Q If he wins, will PM be able to halve legal migration?

YES: 0901 133 4440

NO: 0901 133 4441

Calls cost 50p plus network access charge.

Yes text DXYES to 63333

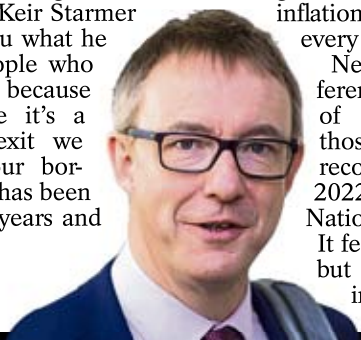
No text DXNO to 63333

Texts cost 50p plus standard network rate.

You must have the bill payer's permission. Vote closes at midnight tonight. The Daily Express may contact you by post, SMS and/or email with offers, goods or services that may be of interest to you.

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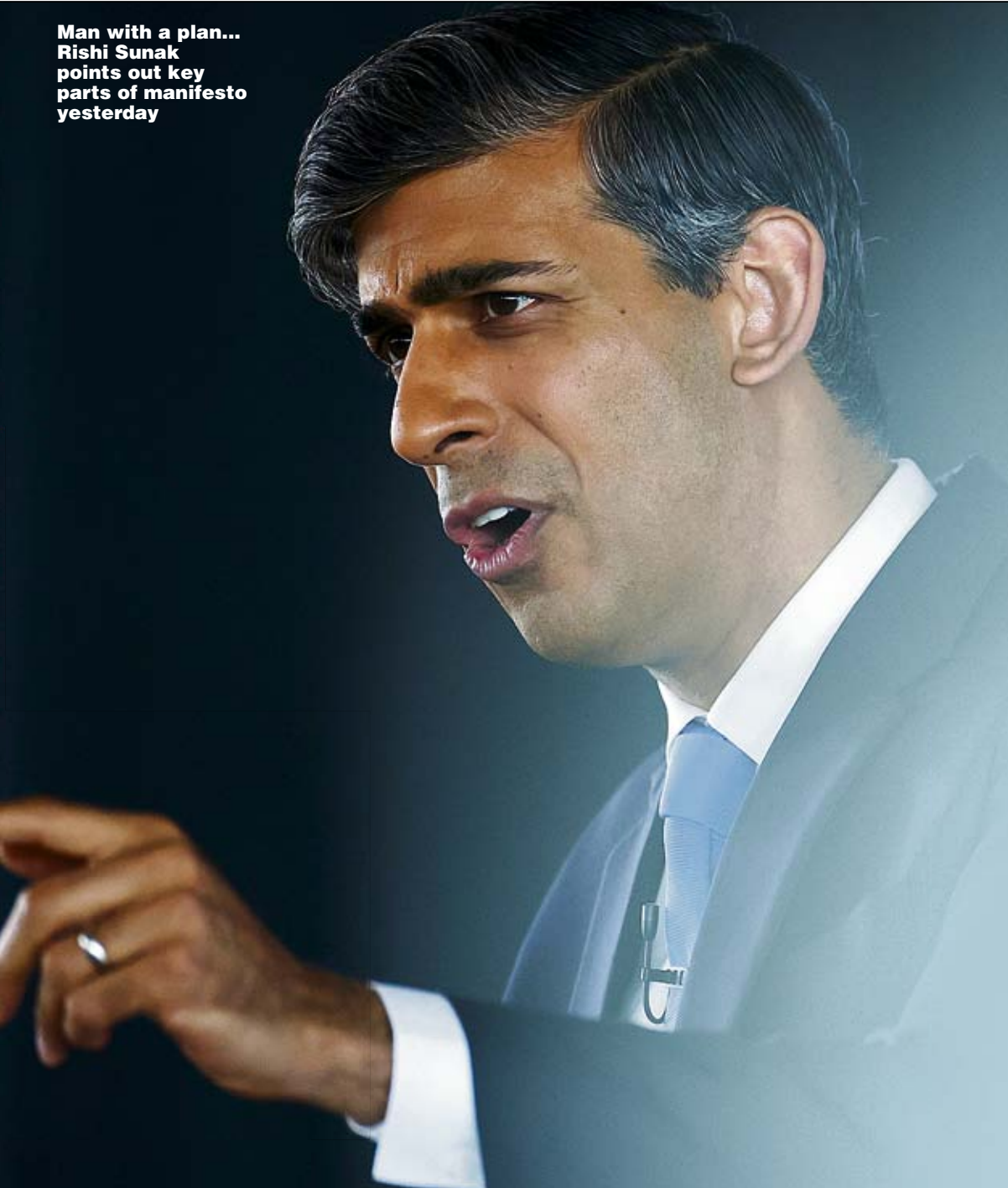
Tax scepticism...
Paul Johnson



CRUCIAL ELECTION BATTLEGROUND

migration as we halved reduce it every year

Man with a plan...
Rishi Sunak
points out key
parts of manifesto
yesterday



RISHI Sunak launched his manifesto at Silverstone race track in a high-octane event yesterday.

Set against the backdrop of the circuit in Northamptonshire, the Prime Minister attempted to put the Tories in pole position ahead of the General Election on July 4.

He laid out his 76-page roadmap for life under the Conservatives if they come into power again.

The Tory leader vowed to "halve migration" and then reduce the number "every single year" if the Conservatives are re-elected.

He also said his party would cut national insurance paid by employees by a further 2p by April 2027 to help turbo-charge the economy.

Drawing on the legacy of Margaret Thatcher, Mr Sunak sought to pitch the Tories as the party of "sound money" and draw dividing lines with Labour over reducing the burden for "earners, parents and pensioners".

The audience, including Cabinet Ministers, applauded as the PM presented his offer to the nation at the home of the British Grand Prix.

And it appeared that even Mr Sunak could not resist the opportunity for a witty automotive pun.

He said there is "nowhere better in fact to mark the fact that our economy has truly turned a corner".

One unexpected attendee at the track was Hollywood star Brad Pitt who is filming an upcoming movie. Insiders are

SKETCH

STEPH
SPYRO

Senior Political
Correspondent



said to have been forced to time the Prime Minister's speech to make sure it was not drowned out by the sound of zooming race cars.

Mr Sunak said: "F1 isn't the only thing they do here at Silverstone."

"As nice as it would be for Brad Pitt to turn up at our manifesto launch, he's currently filming just outside with a

brilliant British crew."

Mr Sunak later joked that Labour's tax policy is like Fight Club – a famous Pitt film – where the first rule of Labour tax rises is that

you don't talk about tax rises.

The starting gun on this General Election campaign has long been fired.

The race to No10 is on – with Sir Keir Starmer's party 21 points ahead in polls.

But it is too early to wave the chequered flag.

The revved-up Prime Minister is focused on reviving a flagging campaign after a bruising few days following the backlash over his early departure from D-Day commemorations.

Now his mission will be to leave voters with no doubt that he is the right man to take the wheel for another term.

Will he steer his party to victory? Britons will have their say at the ballot box soon.

'PM's drive is convince voters he deserves to take the wheel'



Uncapped deal...the then-Home Secretary Suella Braverman, centre, last year at the site of homes in Kigali meant for migrants deported from the UK

the big ideas to make our country a better place to live."

Mr Sunak said he has "respect" for Nigel Farage but insisted he does not feel threatened by the leader of

Reform UK and warned a vote for it risks putting Labour into No10.

Mr Sunak told ITV: "I've got respect for Nigel. It's right that he's highlighted migration as an issue. The

choice for everybody is – a vote for anyone who's not a Conservative candidate is ultimately a vote to put Keir Starmer in office. If you are someone who cares about migration as an issue and wants to stop the boats, I've got a plan to do that."

Mr Sunak praised the record of Tory Home Secretaries Theresa May, Priti Patel and James Cleverly, but pointedly did not include Suella Braverman. She held the role for more than a year of his Premiership but was often a thorn in his side.

The Prime Minister confirmed plans for another 2p cut in national insurance and announced the abolition of the main rate of contributions for the self-employed.

Other pledges include stamp duty reforms and a Help to Buy scheme to help youngsters on to the property

ladder. To stop retirees from being dragged into paying income tax on state pensions, a new triple lock plus has been confirmed. Defence spending will hit 2.5% of national income while a new national service is planned to give young people skills.

Paul Johnson, director of economics research body the Institute for Fiscal Studies, said he had a "degree of scepticism" about the tax plans, due to be funded by reducing the projected welfare bill by £12billion, cracking down on tax avoidance and cutting civil service numbers.

Alp Mehmet, chairman of the Migration Watch UK think-tank, said even net migration of 350,000 means the population growing by a million every three years.

OPINION: PAGE 12

EXPRESS
EXTRA



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Medics urged: Call off strike until after poll

By **Hanna Geissler**

JUNIOR doctors in England have been urged to call off their five-day pay strike if major political parties make it a priority to reopen talks after the General Election.

The British Medical Association walkout starts at 7am on June 27.

NHS Confederation chief Matthew Taylor said: "Holding strikes in the middle of an election campaign may be an effective way to get publicity, but no political party is in a position to bring this long-running dispute to a close until a new government is formed.

"We urge politicians of all stripes – who may have friends, family or constituents relying on the NHS – to pledge to open talks with the BMA within 10 days of taking office.

The BMA is seeking a 35% pay rise to reverse a real-terms pay cut since 2009.

Its junior doctors committee co-chairs, Dr Robert Laurenson and Dr Vivek Trivedi, said: "These strikes can be stopped right now, by the PM making a public commitment to restoring doctors' pay that we find credible."

About 1.5 million medical appointments have been postponed since the strikes started in December 2022.

Pankhurst in women vote push to firms

By **Aine Fox**

GENDER equality is going backwards, leading campaigner Professor Helen Pankhurst has warned.

The great-granddaughter of legendary suffragette Emmeline Pankhurst said toxicity and negativity are creating problems.

And she urged employers to be flexible so women can get out and vote on July 4.

Prof Pankhurst, through her Centenary Action organisation, said she is calling on businesses to sign up to The Promise, which urges them to encourage staff to vote.

She said: "Apathy, toxicity and negativity are creating a backwards step in gender equality. We want to galvanise women to vote, and create a more equitable playing field.

"And we want to call on businesses to facilitate this too, which is why we are asking them to sign up to The Promise, to encourage staff to register to vote and make it easier to vote through flexible working.

"Women need to be seen by politicians as important stakeholders, because we need to be in the centre and not on the margins of policy making."

End of NI for most self-employed among the key pledges as Tories target economy

ALMOST all self-employed people will no longer pay national insurance contributions under major new Tory tax plans unveiled by Rishi Sunak.

He said more than nine in 10 self-employed workers – some four million people – would be exempted from the levy.

The move will double down on his key message of being on the side of working people as he insists it's not right to tax workers twice.

Mr Sunak also pledged at the launch of the Conservative Party's manifesto at Silverstone to cut employee national insurance by a further 2p, taking it down to 6% by April

By **Martyn Brown**
Deputy Political Editor

2027. And he repeated his hint that he would be willing to take the UK out of the European Convention on Human Rights if it blocked his Rwanda flights.

The Tory leader also promised to deliver 1.6 million new homes over the next five years, abolish stamp duty for first-time buyers on homes with a value of up to £425,000 and to introduce a new Help to Buy scheme.

Previously announced eye-catching pledges included in the manifesto are a new legal

cap on immigration, with MPs voting each year on the total number of visas which should be issued.

Meanwhile, a guarantee that defence spending will rise to 2.5% of GDP by 2030 has created a dividing line with the Labour Party. The same can be said for the Tory plans for a Triple Lock Plus to raise personal allowance for pensioners, to ensure the basic state pension is never hit by income tax.

The Conservative manifesto also includes pledges to recruit thousands more doctors and nurses and to beef up neighbourhood policing with 8,000 new officers.

IMMIGRATION

- Introduce a new legal cap on immigration, with MPs voting each year on the total number of visas which should be issued.
- Press ahead with the plan to send Channel migrants to Rwanda next month with regular flights every month.
- A vow to halve immigration over an undisclosed timeframe and then keep cutting it year-on-year.
- No firm commitment to pull out of the jurisdiction of the European Court of Human Rights.
- Pledge to work with other countries to rewrite asylum treaties to make them "fit for the challenges we face".



EDUCATION AND CHILDREN

- Ban the teaching of "contested" gender ideology in schools. Double the income threshold at which families start to lose child benefit from £60,000 to £120,000.
- Scrap "Mickey Mouse" degrees to release funding for extra 100,000 apprenticeships.



TRANSPORT

A fund of £8.3 billion to fill potholes and resurface roads.

Pictures: GETTY, GARETH FULLER/PA, AARON CHOWN/PA

**DEFENCE**

- Guarantee that defence spending will rise to 2.5% of GDP by 2030.
- Return the civil service to its pre-pandemic size to "pay for our commitment to increase defence spending".
- Introduce national service for all 18-year-olds that will see them either do a year in the military or weekend unpaid work.

HEALTH

- Pledge to recruit thousands more doctors and nurses.
- Raise legal smoking age every year to prevent anyone aged under 16 ever being able to legally take up the habit.
- Increasing the role of pharmacists to free up millions of GP appointments.
- Building 50 new diagnostic centres and 100 new GP surgeries.
- A £86,000 cap on social care costs.

POLICE AND CRIME

- Recruit an extra 8,000 police officers to beef up neighbourhood policing.
- Increase the minimum tariff for murders in the home from 15 years to 25.
- Step-up stop and search powers to tackle knife crime.

TAX

- A 2p cut in national insurance Contributions, along with ambition to eventually abolish the "second tax on jobs". NICs to be abolished for the self-employed.
- Triple tax lock ensuring no rise in headline rates of income tax, national insurance or VAT.
- Family Home Tax Guarantee, pledging no increase in stamp duty or capital gains tax on the family home and no new council tax bands or revaluations.
- Threshold for first-time buyers paying stamp duty raised to £425,000.

PENSIONS

- Triple Lock Plus to raise personal allowance for pensioners to ensure the basic state pension is never hit by income tax.



Crisis...sector calls for support

Tories press on with social care reform

By **Martyn Brown**

THE Conservatives would continue with plans to cap social care costs from late next year, the party manifesto said.

Adult social care takes up only around 100 words of the 76-page document and was not mentioned by Rishi Sunak in his speech yesterday.

The party promised to take forward previously announced reforms and to give councils "a multi-year funding settlement to support social care" were it to be in government at the next spending review. It added: "We will attract and retain a high-quality care workforce, make reforms to shape the market for older people's housing and support unpaid carers."

"We will implement our planned reforms to cap social care costs from October 2025."

Adult social care charging reforms – including an £86,000 cap on the amount anyone in England has to spend on their personal care over their lifetime – had been due to be implemented by October 2023.

Vague

But this was delayed by two years. One sector leader accused Mr Sunak of making "vague pledges" which will not deliver the "bold reform that social care needs".

Mike Padgham, chair of the Independent Care Group which represents providers in North Yorkshire and York, said he would cautiously welcome the re-commitment to the care costs cap, which is aimed at helping people with the high price of such care.

But he added: "This measure has been promised time and time again and has been repeatedly kicked down the road. Before we cheer this news, we would want to see it actually happen."

Referencing Mr Sunak's admission that people are frustrated with the party and PM, Mr Padgham said: "Yes, I am frustrated that once again social care has been relegated to a paragraph in the manifesto."

"It is so high in the party's priorities that it was not even mentioned in this morning's speech. Conservatives continue to run away from social care."

Caroline Abrahams, Age UK charity director, said: "Questions remain over whether it will ever see the light of day."

**HOUSING**

- Abolish stamp duty permanently for homes up to £425,000 for first-time buyers.
- Introduce a "new and improved" Help To Buy scheme.

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LISTEN to our new The Division Bell podcast, hosted by Express Political Editor Sam Lister and Mirror Political Editor John Stevens.

Each episode sees Sam and John go head-to-head on a political topic, so expect a lively discussion!

New episodes are available on Spotify, Apple Podcasts and YouTube every Tuesday and Thursday throughout the General Election campaign, with a special edition on the morning after polling day.

In the debut programme, the pair clash over whether PM



Rishi Sunak can recover his campaign after his D-Day snub – and if he should stop flaunting his vast wealth. Sam

is plugged into the heart of the Conservative Party, from the decision-making at the very top to the latest faction



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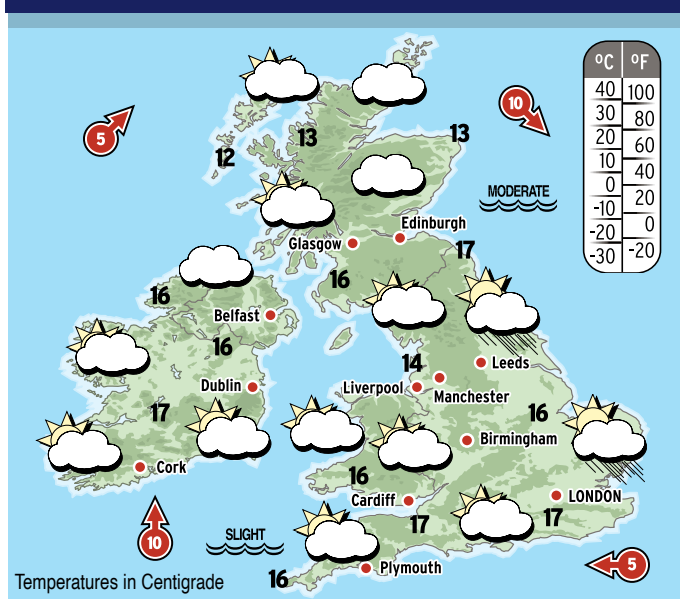
plotting. She said: "The polls are predicting a Labour landslide but no one should ever take voters for granted, and that includes journalists."

"I'm delighted to be going head-to-head with John to give listeners a lively guide to what is happening behind the scenes at this election."

John, who has unrivalled connections to Labour, said: "This election is set to be like none other."

Join our **FREE** Express Election WhatsApp community for all the latest on the race for No10.

WEATHER FORECAST



Today's summary: Mainly dry with variable cloud

North West: Early showers, then largely dry with spells of sunshine. Gentle westerly winds. Chilly. High 15C (59F).
Northern Ireland: Dry and bright with sunny intervals breaking through during the afternoon. Light winds. High 16C (61F).
Wales: A mostly cloudy day with the chance of a shower at first. Gentle north-westerly winds. High 17C (63F).
Midlands: A mostly cloudy day with the chance of a shower at first. Gentle north-westerly winds. High 17C (63F).
North East/Yorks: Wet with outbreaks of rain or showers for a time. A mostly dry afternoon. Light winds. High 15C (59F).
Scotland: Dry but mostly cloudy, although some sunshine is expected. Gentle westerly winds. High 16C (61F).

East Anglia: Rain during the morning. Sunny spells later. Gentle north-westerly winds. Chilly. High 15C (59F).
London/South East: Heavy showers, these will become isolated and lighter later. Gentle westerly winds. High 17C (63F).
South: A dry day with a lot of cloud but some sunshine too. Gentle north-westerly winds. High 17C (63F).
South West: A dry day with sunny intervals and variable amounts of cloud. Moderate westerly winds. High 18C (64F).
Channel Isles: Fine and dry with long periods of strong sunshine. Moderate north-westerly winds. High 16C (61F).
Sea: North Sea: Moderate. Irish Sea: Moderate. Channel: Moderate.

UK OUTLOOK TOMORROW: Cloudy and wet tomorrow with rain pushing eastwards which will be locally heavy and bring with it some strong and gusty winds. A wet evening.

SIX-DAY FORECAST

	THU	FRI	SAT	SUN	MON	TUE
	min max	min max	min max	min max	min max	min max
London	13 17	11 18	11 17	12 18	12 20	12 20
Belfast	10 14	8 14	9 14	9 16	10 16	10 16
Birmingham	11 15	9 18	10 16	10 17	11 19	11 19
Cardiff	12 15	10 17	11 16	11 17	11 18	11 19
Glasgow	11 15	9 15	10 15	10 16	10 17	11 17
Manchester	12 14	9 16	10 16	11 16	11 18	11 19
Newcastle	11 16	9 17	9 16	10 18	10 18	11 17
Norwich	12 17	10 18	10 16	12 18	12 20	12 19
Plymouth	12 15	11 16	12 16	12 17	12 18	12 19

24 hours to 5pm	SUN (hrs)	RAIN (hrs)	TEMP (min) (max)
Aberdeen	2.0	0.12	7 10
Aberporth	8.2	0.08	6 13
Alnwick	4.6	0.02	8 13
Belfast	2.7	0.03	8 13
Birmingham	2.2	0.01	8 14
B'mouth	6.6	0.00	5 17
Bristol	3.5	0.01	6 15
Cardiff	7.0	0.00	6 15
Durham	1.7	0.04	6 13
Edinburgh	2.9	0.00	5 16
Britain	Warmest: Blackpool 20C (68F)		
Extremes:	Coldest: Tyndrum 2C (36F)		
(24 hours to 2pm yesterday)	Wettest: Blencathra 0.30in.		
	Sunniest: Jersey 14.0hr.		

Britain yesterday	Moon, sun and tides
Glasgow	6.4 0.00 6 16
Hull	3.6 0.14 8 12
Ipswich	4.8 0.04 4 15
Leeds	2.0 0.16 7 13
Lincoln	3.4 0.09 8 13
London	4.6 0.01 8 16
Manchester	2.4 0.00 6 13
Oxford	5.6 0.00 6 15
Shampton	4.9 0.02 9 15
St Andrews	2.9 0.00 3 17
Lighting-up times	
Belfast	10.00pm-4.47am
Birmingham	9.30pm-4.44am
Bristol	9.27pm-4.53am
Glasgow	10.02pm-4.31am
London	9.18pm-4.43am
Manchester	9.38pm-4.39am
Newcastle	9.45pm-4.27am

Today	Europe forecast	Tomorrow
Amsterdam	Cloudy 15C/59F	Cloudy 18C/64F
Brussels	Cloudy 15C/59F	Cloudy 18C/64F
Dublin	Cloudy 16C/61F	Rain 16C/61F
Frankfurt	Fair 18C/64F	Fair 20C/68F
Geneva	Fair 19C/66F	Sunny 21C/70F
Lisbon	Sunny 24C/75F	Sunny 24C/75F
Madrid	Showers 24C/75F	Sunny 28C/82F
Paris	Cloudy 18C/64F	Fair 20C/68F
Rome	Sunny 26C/79F	Fair 26C/79F

Around the world yesterday

Amsterdam . Shwrs	13 55	Hong Kong... Shwrs	28 82	New York ... Fair	22 72
Athens Sunny	33 91	Istanbul.... Sunny	30 86	Nice Sunny	23 73
Barcelona... Rain	21 70	Jersey Sunny	15 59	Nicosia ... Sunny	37 99
Berlin Shwrs	15 59	Larnaca ... Sunny	31 88	Perth Shwrs	19 66
Budapest ... Fair	23 73	Las Palmas . Fair	24 75	Prague Shwrs	15 59
Cairo..... Sunny	33 91	Los Angeles. Sunny	21 70	Singapore... Fair	32 90
Cape Town.. Sunny	21 70	Luxor Sunny	40 104	Stockholm . Fair	18 64
Casablanca. Cloudy	22 72	Malaga Sunny	27 81	Sydney Fair	15 59
Corfu Sunny	29 84	Mallorca ... Thndr	24 75	Tel Aviv ... Sunny	31 88
Dublin Cloudy	13 55	Malta Sunny	28 82	Tenerife ... Sunny	24 75
Dubrovnik... Sunny	24 75	Melbourne . Shwrs	15 59	Toronto ... Cloudy	14 57
Faro Sunny	22 72	Miami Fair	33 91	Tunis Sunny	31 88
Florence ... Fair	27 81	Moscow Shwrs	22 72	Venice Rain	21 70
Gibraltar ... Sunny	23 73	Nairobi Cloudy	21 70	Vienna Fair	21 70
Guernsey... Sunny	14 57	New Delhi .. Sunny	41 106	Warsaw Shwrs	22 72

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SECOND ATTACK

Pictures: DANNY LAWSON/PA



Farage: Lefty mob trying to shut me down

‘Worried’ Reform leader pelted with ‘wet cement’

By News Reporter

NIGEL Farage has vowed he “will not surrender to the mob” after a second attack on the campaign trail.

The Reform UK leader had what he believed to be wet cement thrown at him as he stood on the open top deck of his battle bus in Bradford.

As he waved to the crowd in South Yorkshire, a man in a red hoodie was seen shouting from a work site below, before reaching into a bucket and throwing something else – possibly a cup – which also missed.

Workmen then appeared to haul the man from the site and he ran before he was then tackled by police.

But speaking later at a rally in Great Yarmouth last night, Mr Farage said he would not stop because “I actually like going out meeting people”.

He told supporters in Norfolk: “Whilst it’s concerning and of course it does make me thoughtful and I may need to change tactics slightly, I’m going to make one promise to you, and my promise is this.

“I will not surrender to the mob, I will not stop campaigning, this democratic process has to continue.”

The Brexit champion said physical attacks are the next stage of a “cancel



Determined...Mr Farage will not stop

culture” by a “violent left-wing mob” hoping to silence him.

He told the Daily Express: “I’m having to think twice about what I do.

“This was just an attempt to shut me down. What do I do? If I give in to these people, who the hell else is going to stand up? I’m sometimes brave to the point of total stupidity. I’m very worried about it. I’m genuinely very, very thoughtful about it. But I’m not going to stop.”

A 28-year-old man was arrested for throwing objects at Mr Farage, who

said South Yorkshire Police had warned him not to get off the bus.

He added: “Protest is allowed. Protest is part of the democratic process. Protest does not involve chucking cement toward me. That is violent protest. You might disagree with me, that’s fine. I don’t mind if someone shouts something rude at me in the street, I will probably shout it back.

“But when it comes to violence, that actually poses a threat to the entire democratic process. Had I got off this bus, I would probably be in hospital. That’s how nasty this is.”

It comes as Victoria Thomas Bowen, 25, was charged with assault by beating and criminal damage after throwing a milkshake over Mr Farage in Clacton, Essex, last week.

Nevertheless, Mr Farage said support for his party is surging, to a point it could overtake the Conservatives.

He claimed a vote for the Tories is “now a vote for Labour”.

Reform has closed the gap on the Conservatives in the polls to just one point. A YouGov poll puts Mr Farage’s party on 17% behind the Tories’ 18%.

Labour remains in the lead but is down three points to 38%. The Liberal Democrats surged by four points to 15% after launching their manifesto.

CORRECTIONS AND COMPLAINTS

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ON CAMPAIGN TRAIL

'Violent protest'...
Farage reacts as
cement thrown.
Left, man arrested



Labour set for manifesto tax hikes

By **News Reporter**
Job title in here

LABOUR looks set to announce a string of tax hikes when it publishes its manifesto tomorrow.

Here, Julia Rosenbloom, tax partner at law firm Shakespeare Martineau, predicts what Sir Keir Starmer could do...

Private school tax raid. Labour is preparing to scrap VAT exemption on private school fees. Imposing the main rate of 20% would raise £1.6 billion a year, to reinvest in state schools. Likelihood: 9/10.

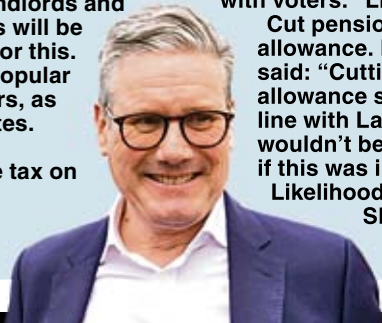
Hiking capital gains tax bands. Angela Rayner hinted Labour may include a commitment to hike CGT in its manifesto. Likelihood: 7/10.

Stamp duty hike on second homes. Buy-to-let landlords and second home owners will be nervously watching for this.

But this could be popular among younger voters, as the housing crisis bites. Likelihood: 2/10.

Charge inheritance tax on

Plans... Sir Keir Starmer yesterday



FURY AS STARMER MOCKS EX-BOSS CORBYN

SIR Keir Starmer was blasted by his own party yesterday for comparing the "unfunded" Tory manifesto to Jeremy Corbyn's.

It came after Sir Keir, who backed his ex-leader's manifestos in 2017 and 2019, called the Tory plans "a Jeremy Corbyn-style manifesto...load everything into the wheelbarrow, don't provide the funding and hope that nobody

notices the money isn't there". Ex-party policy chief Andrew Fisher said it was "an insult to Labour members and supporters".

Left-wing Momentum said: "How about stopping attacking your own side during an election?" Tories Sir Michael Fabricant and Sir Simon Clarke accused Sir Keir of "chutzpah" and "sheer nerve".

pensions. Ms Rosenbloom said Labour could argue this tax break favours the better off, adding: "This policy could prove popular with voters." Likelihood: 7/10.

Cut pensions annual allowance. Ms Rosenbloom said: "Cutting the annual allowance seems to be in line with Labour's position. I wouldn't be at all surprised if this was in its manifesto." Likelihood: 9/10.

Slash tax relief on pension

contributions. Labour could set tax relief at 30% for all, regardless of income, giving basic rate taxpayers more support at the expense of higher earners. Likelihood: 8/10.

Cut ISA allowance to £10,000. The Tories increased the allowance to £20,000. Only the better off can afford to invest that much, so this is a tempting plan. Likelihood: 4/10.

Council tax bands revised. Today's bills are based on property valuations carried out in 1991, and these could be updated. Likelihood: 5/10.

Jobless blow piles pressure on Bank to cut interest rates

PRESSURE on the Bank of England to cut interest rates grew yesterday after the jobs market showed significant signs of cooling.

The unemployment rate reached its highest level for two and a half years at 4.4% over the three months to April.

Vacancies also decreased for the 23rd month in a row, down 12,000 to 904,000. And the number of those aged between 16 and 64 not actively looking for work increased to 22.3%.

But wages continued to outstrip inflation, rising at 6%, the fastest pace since August 2021, the Office for National Statistics said.

Financial experts believe the Bank should now follow the European Central Bank in cutting interest rates when its officials next meet on June 20.

Julian Jessop, of the

By **News Reporter**

Institute of Economic Affairs, said: "The Monetary Policy Committee should cut rates.

"The latest business surveys suggest that inflation pressures are continuing to ease and the labour market is cooling further. The Bank of England's official interest rate, at 5.25%, is well above what might be considered a 'neutral' level.

"The revival in economic activity and confidence depends on hopes falling inflation will allow the

Bank to cut interest rates.

"If the MPC fails to deliver soon, a longer period of unnecessarily high interest rates could still sink the recovery.

"Unfortunately, the latest news from the labour market is unlikely to sway the Bank."



Finance warning...
Julian Jessop

COMMENT

HARVEY JONES

Personal Finance
Editor



don't want to be seen to favour the Tories as a rate cut would deliver a slice of positive news as the country goes to the polls. Yet by holding rates steady the BoE is intervening anyway, in favour of Labour.

Hard-up homeowners can't wait until August until the first cut. The European Central Bank is a byword for caution but it has just taken the plunge, cutting rates from 4% to 3.75%.

The EU's borrowing costs are now a full 1.5% higher than ours. That makes no sense. With yesterday's figures showing UK unemployment rising and vacancies falling, the MPC must cut next week. I'm not holding my breath, though.

IT'S crazy that the Bank of England hasn't cut interest rates yet. Consumer price inflation fell to just 2.3% in April, just a whisker away from the BoE target of 2%.

Last time inflation was around this level, three years ago, base rates stood at just 0.1%. So why are they more than 50 times higher at 5.25% today?

I know the BoE's monetary policy committee is concerned about core inflation. Would it hurt to deliver a symbolic rate cut of 0.25%? That would still leave rates high at 5%.

The MPC is detached from reality. It approaches inflation as an academic problem, but keeping rates too high is causing problems in the real world. Mortgage borrowers pay hundreds of pounds more once cheap fixed rate deals end. People are losing their homes.

The MPC appears to have found another reason not to cut rates: the General Election. Policymakers

EXPRESS



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Joe freezes at White House event

US President Joe Biden appeared to freeze for several seconds before briefly stumbling over his words at an event marking the anniversary of Juneteenth.

Biden, 81, stood motionless while people cheered around him at a concert on the White House lawn to mark the ending of slavery.

In his speech about Juneteenth, for which there is a federal holiday on June 19, he stumbled through several words,

By **Emily Braeger**

making them difficult to understand.

President Biden was joined by several guests and dignitaries, including Vice President Kamala Harris, who clapped and cheered alongside him.

Biden said he was "proud" to have signed legislation designating Juneteenth as a holiday in 2021. He added: "The day reminds us we have a hell of a lot more work to do. Let's keep the faith."



By **Christopher Bucktin**
US Editor

JOE Biden's son became the first child of a sitting US President to be convicted of a crime yesterday, after he lied about his crack cocaine addiction to buy a gun.

Hunter Biden, 54, could face up to 25 years behind bars after a jury took three hours to return their verdicts.

He showed no emotion as he was found guilty in Wilmington, Delaware, of making false statements and possession of a firearm by an unlawful user of, or addict to, a controlled substance.

President Biden, 81, has previously said he will not pardon his son.

After the verdicts were announced, he said he would accept the outcome of the case and "will continue to respect the judicial process as Hunter considers an appeal".

He added: "Jill and I will always be there for Hunter and the rest of our family with our love and support. Nothing will ever change that."

In a statement, Hunter said: "I am more grateful for the love and support I experienced this last week from [wife] Melissa, my family, my friends, and my community than I am

President Biden's son faces 25 years' jail for lying to buy handgun

Picture: ANNA MONEYMAKER/GETTY IMAGES



Support...Hunter, wife Melissa and mum Jill leave court yesterday. Below, verdict is shown on TV

'Jill and I will always be there for Hunter. Nothing will ever change that'

disappointed by the outcome.

"Recovery is possible by the grace of God, and I am blessed to experience that gift one day at a time."

Although Hunter theoretically faces up to 25 years in jail, as a first-time offender, it is possible he will not serve a custodial sentence.

Prosecutors said in October 2018, he lied knowingly on a gun application form that he did not use controlled substances before leaving a Wilmington shop with a Colt Cobra .38-calibre revolver.

They said he was hooked on crack cocaine – something he acknowledged in his 2021 memoir. He said he got clean five years ago.

Hunter now faces a trial in September on felony charges alleging he failed to pay at least £1.1million tax over four years.

Wary of creating an impression of interfering in a criminal matter brought by his own Justice Department, President Biden steered clear of the Delaware federal court.

But allies of the Democrat have worried about the toll that Hunter's trial, and now conviction, will take on him. The prosecution devoted much

of the trial to highlighting the seriousness of Hunter's drug problem, through highly personal and embarrassing evidence.

Jurors heard his ex-wife and a former girlfriend tell of his habitual crack use and their failed efforts to help him get clean.

They saw images of a half-naked and dishevelled Hunter holding crack pipes in a filthy room and a video of the drug weighed on a scale.

Prosecutors played audio excerpts of his 2021 book Beautiful Things. In it he talks about hitting rock bottom after the death of his brother Beau

in 2015, his descent into drugs and eventual sobriety.

Defence lawyer Abbe Lowell argued Hunter's state of mind was different when he wrote the book to when he bought the gun...when he did not believe he had an addiction.

She said he might also have felt he had a drink problem – which does not prevent someone from buying a gun.

After the case, she said: "Through all he has been through in his recovery, including this trial, Hunter has felt grateful for and blessed by the love and support of his family."

No sentencing date has been set.



Graffiti...couple's Volvo

Cars with UK plates 'targeted' in Spain

By **George Mathias**

EXPATS in Spain claim cars with UK plates have been targeted by "anti-British" residents.

A couple, who did not want to be named for fear of further reprisals, moved from Horsham, West Sussex to Marbella four years ago and said they felt welcomed by "very friendly" locals.

But they say they were out for breakfast at restaurant Nobu when their Volvo XC40, which has a British plate, was covered in pink spray paint. The pair claim staff said the same thing happened to a car with a UK number previously.

The couple say the damage happened a year ago, but are speaking out now as they feel anti-British sentiment is growing in the country.

The anonymous woman said: "It seems to be English reg cars are being targeted as part of the feeling there are too many Brits in Spain."

"It's quite sad. There is so much building and housing is being sold to tourists but mainly where we are it has been to Russians, not Brits."

Blue pass theft rise

By **James Gamble**

CALLOUS thieves are increasingly targeting blue badges left in cars.

The disability parking permits can illegally fetch up to £5,000 each.

Mik Scarlet, 58, now padlocks his pass to his steering wheel as it has been stolen repeatedly.

The co-CEO of disabled charity Phab, of Camden, North London, called the current system "poor". He says it needs to be updated to prevent fraudulent use, and suggested a number plate recognition system like the Ulez zone.

The number of blue badges stolen went from 1,230 in 2014 to 6,415 in 2023 in London.

Pictures: TIM MERRY; REX/SHUTTERSTOCK

Video shows tragic TV doc Mosley taking the track that led to his death



Last journey...Dr Mosley. Below, he was found just 50 yards from resort



By **Robert Kellaway**

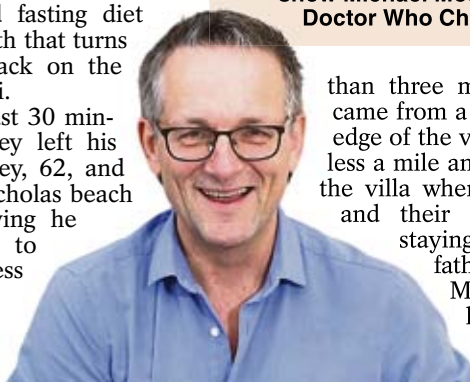
THE last sighting of Michael Mosley, two hours before he died from heat exhaustion on a Greek island was released by police yesterday.

CCTV footage filmed from a house shows the TV doctor, 67, sheltering from the blistering sun beneath a purple umbrella, heading in a direction that tragically takes him away from his intended route.

The TV host and fasting diet guru is seen on a path that turns into a mountain track on the Greek island of Symi.

It was captured just 30 minutes after Dr Mosley left his wife, Dr Clare Bailey, 62, and two friends at St Nicholas beach last Wednesday, saying he would hike back to their apartment less

Exhausted by the heat...Dr Mosley



BBC WILL SCREEN TWO SHOWS IN TRIBUTE

TWO programmes which will remember Dr Mosley will be shown by the BBC.

There's Only One Michael Mosley, which includes the last interview he gave, will be aired on BBC Radio 4 and BBC Sounds from 11am on Friday.

Later, at 8pm, BBC One will show Michael Mosley – The Doctor Who Changed

Britain. It will show how he transformed people's lives as he fronted BBC show Trust Me, I'm A Doctor, Radio 4 podcast Just One Thing, and worked behind the scenes as a producer.

The corporation said: "His programmes have made a lasting impact on the nation's health habits, from intermittent fasting to the benefits of a cold shower."

than three miles away. It came from a house on the edge of the village of Pedi, less a mile and a half from the villa where the couple and their friends were staying – and where father-of-four Dr Mosley had left his phone. It is thought

Dr Mosley climbed a steep track to a ridge, mistakenly believing Symi Town lay on the far side of it.

However, he was heading for the beach resort of Agia Marina, where, after an "incredible climb" in temperatures approaching 40C, he collapsed and died just 50 yards from safety.

An interim coroner's report said he suffered heat exhaustion after getting lost and wandering for 90 minutes

over the rocky hillside. Authorities are also looking at beach restaurant footage showing Dr Mosley in a confused state.

His body was found beside a perimeter fence at Agia Marina on Sunday morning, following a five-day search by police, firefighters and coastguard.

The initial post-mortem examina-

Difficult

tion by Rhodes coroner Despina Nethena showed there was no foul play. A definite cause of death has yet to be established.

Symi Crisis Rescue Volunteer Team posted a condolence message yesterday to Dr Mosley's family and friends over their "tragic loss". The group said of the search: "High temperatures and rough spots made this mission particularly difficult and unfortunately, the outcome was one we all know."

MAN WHO HEALED NATION: PAGES 22&23



Car crash...Rhys Gooding

Police lies soldier is spared jail

By **Chris Riches**

A SOLDIER who faced jail for covering up his role in a road smash has walked free after a judge said his lies were a "human response".

Corporal Rhys Gooding, 32, falsely reported his car stolen but was seen running away after he crashed in Rochdale in April 2022.

Gooding admitted perverting the course of justice, but a judge accepted his actions were understandable.

At Minshall Street Crown Court, Manchester, Recorder Geoffrey Lowe called his actions an "indictment of his own folly".

Gooding, stationed at Catterick Garrison, North Yorks, was handed 240 hours unpaid work.



Unique...Christian text

Ancient book sells for £3.06m

By **Dean Murray**

ONE of the earliest books in existence has sold for £3.06million at Christies in London.

The Crosby-Schoyen Codex contains early Christian texts from Egypt and was written between the middle of the third century and the beginning of the fourth.

Written on papyrus, the text was discovered in sand in 1952 at the base of a cliff in a jar.

It is the earliest Christian liturgical book and earliest complete texts of two books of the Bible, 1 Peter and Jonah.

Christie's Eugenio Donadoni said that due to the age of the book, it is a "unique object in the history of Christianity and of information technology".

By **Paul Jeeves** Crime Editor

ANNABEL Croft has been mugged for her phone by a masked man at a station.

The former tennis star was robbed as she stood outside King's Cross.

Annabel, 57, said: "I just wanted to warn people who are on their own in London. I just got mugged waiting for a taxi.

"The man was riding a bike and wearing a black balaclava. He rode straight at me and took my phone clean out of my hands.

"He rode away with it but luckily dropped my phone so I got it back. Terrifying!

"On a positive note, there are some lovely

Masked mugger grabs phone from terrified star Annabel

people out there. Luckily a lovely gentleman witnessed it and came over to help me. Thank you to whoever you are."

A phone is stolen every four minutes, according to research by the Labour Party which has vowed in its election pledges to crack down on the thieves.

Bike and moped-riding thugs are carrying out a rising number of "snatch and grab" thefts around

the capital, taking phones and handbags but also targeting people wearing valuable watches.

One-time British number one Annabel appeared on Strictly Come Dancing last year, months after her former pro-yachtsman husband Mel Coleman died from cancer at 60. She made it to the semi-finals of the BBC contest with partner Johannes Radebe. Last week, London's

Victims' Commissioner Claire Waxman called for a crackdown on the armed mobile muggers.

She said victims were left with long-term trauma. Figures presented to the London Policing Board in March showed robbery up by 20% but more than nine out of 10 muggings go unsolved.

One thief was snared after snatching 24 phones in a single day.



Terror at rail station...Annabel Croft



DAILY EXPRESS

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Rishi's migrant jets for 100,000 must take off

RISHI Sunak stands alone among party leaders in his determination to stop the boats and send illegal migrants to Rwanda. The Conservatives say 100,000 people could be sent to the African state and other nations in a move that would shatter the business model of people smugglers.

Labour would ditch the scheme entirely, and a vote for Reform UK only makes it more likely that Sir Keir Starmer's party will get into power.

The Prime Minister – a man of compassion and grit – has staked his reputation on making the Rwanda flights a reality and a success. He understands the importance of getting an effective deterrent in place without further delay.

Labour would continue to plough money into policing efforts that have failed to stop people boarding flimsy boats. Sir Keir's mantra that he wants to “smash the gangs” is empty rhetoric.

Mr Sunak understands that when people are sent to Rwanda, a simple message will go around the world: If you come to the UK illegally you will not be able to stay.

He also believes the number of people who come here legally is unsustainable. He has promised to “halve migration” and cut numbers every single year. Crucially, he would introduce a cap on migrants that MPs would vote on. This puts democratic decision-making at the heart of the process.

Britons are not xenophobic but there is extraordinary pressure on housing and public services, and millions of Brits want a new approach to immigration. That is what Mr Sunak promises.

If you want to get planes off to Rwanda and to restore common sense to immigration policy, vote Conservative.

MoTs are a healthy idea

SENIOR citizens who arrive at hospital deserve to be treated with the greatest compassion – and also with the respect and devotion to detail with which a master mechanic would seek to restore a vintage Rolls-Royce or Maserati to prime condition.

It is a brilliant idea to offer “health MoTs” to older people in A&E to make sure they get the right care and are not simply funnelled into the hospital system where they can often lose mobility.

Preserving people's independence must be a priority.

It's nuts not to act now

THE sight of a grey squirrel on a Scottish island that is a bastion of surviving reds has rightly triggered alarm. Scotland is now home to three-quarters of the UK's red squirrel population. They must not be wiped out by the grey invaders which carry the squirrelpox virus.

We hope that the appearance of this rogue grey is not a harbinger of disaster.

We've spent £170m on Grenfell inquiry...let's not waste it

TRAGEDIES are a sad but inevitable part of life. So the least we can do is learn from them to prevent them happening again. That is the role of public inquiries and inquests. While they sometimes grab the headlines when they present shocking results, mostly they rumble along in the background, quietly collecting facts. Yet given their importance, they are severely hampered in their ability to drive lasting change.

Under the Inquiries Act 2005, recommendations carry zero legal force and there is no requirement for them to be adopted or even considered. It depends on the attitude of those in power. Nothing exemplifies the failure of the state to learn lessons more than the saga that led up to the Grenfell tragedy, which cost the lives of 72 people in West London seven years ago this week.

While it was the most shocking fire, Grenfell was not the first. In Camberwell, South London, in 2009, 14-storey Lakanal House caught fire after an electrical fault set a ninth-floor flat ablaze. Six people died, including three children – making it, at the time, the deadliest block fire post-war.

LAKANAL House residents, like those in Grenfell eight years later, were told to “stay put”. When Judge Frances Kirkham concluded her 50-day inquest in 2013, she found the fire spread unusually quickly due to combustible cladding on the building. She issued a “Prevention of Future Death Report” in which she advised fire safety regulations be reviewed, “stay put” advice clarified and stated that housing providers should be “encouraged to consider” fitting sprinkler systems into high-rise blocks.

Brian Martin, the official responsible for building regulations' guidance on fire safety, branded this exercise “a big and



LESSONS IGNORED: The Lakanal House fire was eight years before Grenfell Tower



Will Lewallen

Guest columnist

essentially pointless task” in an email, telling colleagues: “We only have a duty to respond to the coroner, not kiss her backside.”

Even though recipients of a Prevention of Future Death Report are under a legal obligation to consider and respond within 56 working days, there is no sanction if they fail to do so.

Martin later told the Grenfell Inquiry that the fire at Lakanal House didn't trigger a wider response because the incident was not “severe” enough.

Campaigners have subsequently argued that it represented the best opportunity to prevent the Grenfell fire – and it is hard to disagree.

Melanie Dawes, the former Permanent Secretary for the Department of Levelling Up, Housing and Communities, told the Grenfell inquiry “there was no tracking mechanism [for coroners' recommendations], something I think was

extremely important and there should have been there”.

Had the review taken place, it is likely the combustible cladding used on Grenfell would have been banned.

Last year, charity INQUEST called for a ‘National Oversight Mechanism’. This independent body would be responsible for collating, analysing and following up on recommendations arising from post-death processes, including inquiries and inquests. It cited the failure to heed the warnings of Lakanal House as a core example of why we need such a system. Grenfell United, a campaign group made up of survivors and bereaved families, “wholeheartedly supports” the campaign.

On September 4, the long-awaited final report from the Grenfell inquiry will be published. It is likely to criticise the failure of the inquest system, though – as before – its recommendations will carry no legal

weight. Indeed, of the 68 major public inquiries that have taken place between 1990 and 2017, only six have been examined in Parliament; this lack of central responsibility means there is no pressure for change.

This accountability gap is especially hard for relatives of the dead. Hanan Wahabi, a Grenfell Tower survivor who lost his brother in the fire, said: “For their deaths not to have been in vain there has to be change.”

BEYOND the painful human cost for the bereaved, there is also a practical problem. Given the vast amount of resources that are poured into these inquiries, it makes little sense to ignore their findings. As of March last year, the Grenfell inquiry alone had cost the taxpayer £170million – a huge sum of money to produce something that has no guarantee of being adopted.

With three current high-profile inquiries into Grenfell, Covid and the Post Office, now is the time to ensure these processes are effective.

This means treating their recommendations with the seriousness and reverence they deserve.

‘Treat recommendations with the reverence they deserve’

Fading war knowledge is inevitable

ELSEWHERE on this page I refer to the D-Day event on the Normandy beaches. Much angst appears to have been caused by surveys showing that many of the young know nothing about Second World War history.

I think we need to get this in proportion. That war took place in the first half of the last century and we are now into the third decade of this one.

That is approximately equivalent to the gap between the Boer War and my own youth. My grandmother remembered it but for me it was distant and, apart from the relief of Mafeking, I knew nothing about its various campaigns.

The Second World War was different. First of all, it came here in the form of the Blitz and civilians were involved.



The aforementioned grandmother was herself bombed out.

Secondly all our parents were directly affected, many having lost relatives, and finally all the books, films and TV programmes were still heavily war-based as were children's comics. We just absorbed knowledge because it was all around us.

That is not so for the current generation and what they are not taught at school or hear maybe from great-grandparents they do not know.

When my generation has passed, the last living links to that particular part of our history will have gone too. It is unlikely that in 100 years' time Brits will remember D-Day as we do now any more than we remember Trafalgar or Waterloo. Events in between will have overtaken it.

The ignorance of today's young is simply part of that transition, regrettable, perhaps, but also inevitable.



Amm

Widdecombe

Reform has common sense by the boatload

Pictures: GETTY

TWO WORDS sum up the appeal of Reform UK: common sense. It is what underlies all its policies. While other parties are willing to spend millions on hotels for migrants, only Reform is promising to stop the boats arriving in the first place.

Most voters already know that, as they know also that only Reform has the real will to do so. Starmer has no plan at all and Rishi has placed all his hopes on the Rwanda scheme with absolutely no Plan B in place, so the boats continue to arrive.

Next, let us take the health service. Everyone knows that we have a shortage of doctors, so what have the Tories done? Placed a cap on the number of medical students in training.

Where is the sense in that? Reform will lift that cap altogether and train the numbers the NHS needs.

Then there is the problem of doctors leaving the NHS, so if they stay 10 years we will write-off all their student debt because common sense says that if you want to encourage certain behaviour you incentivise it. And all frontline NHS workers will have three years of tax remitted.

Then there is the stupidity of claiming to have made tax cuts while freezing thresholds so that more and more people are taken into the tax system.

REFORM will raise the threshold for paying any tax to £20,000. In truth can anyone afford not to vote Reform?

If Britain is to thrive internationally, we need to be competitive: and that means a competitive level of corporation tax to attract businesses so Reform will reduce the level, in stages, from its current 25 per cent to 15 per cent.

And so it goes on. For example up to 80 per cent of students will never repay their loans in full. Why? It's because the rate of interest is so ruinous. So we will abolish all interest on the debt.

All these policies have been fully costed. They are both sensible and affordable. What they are not is well-known so that is Reform's challenge between now and polling day.



Tragically, best efforts are not always enough

MY HEART goes out to the family of Dr Michael Mosley, left, who died so near to getting help.

His widow has paid heartfelt tribute to the efforts of the islanders and emergency services but already some sections of the press and media are preparing to point the finger of blame at those involved in trying to find him.

A helicopter apparently hovered around the place where he finally died but the crew did not spot him. That does not necessarily make them negligent but instead unlucky.

A shaft of sunlight can make the difference. Sometimes we have to accept that best efforts are not always successful.

THE killjoys are at it again. This time a study suggests that having a drink on a flight can cause heart problems if you also go to sleep during the journey, which prompts the miserable academics in question to suggest restricting access to alcohol on flights. Presumably the flight attendant would quiz you on your sleeping intentions before mixing the G and T. Spare us.

I don't know how I have survived so long, given that I always succumb to a drink and a snooze on long-distance flights. Ah, well, some silly airlines, including BA, have already made it impossible to look out of a window in a window seat so the happy prospect before us is no drink, no snooze and no view. Might as well sit in the cupboard under the stairs.

ILL-ADVISED D-DAY DECISIONS AN INSULT TO TROOPS PAST AND PRESENT

ACRES of newsprint have been taken up by the crass decision of Rishi Sunak to cut short his attendance at the D-Day commemorations in order to return to Britain for a TV interview.

Of course, he has since apologised but what baffles me is how it ever

happened because no prime minister acts alone. What did his press secretary say? Or the head of his private office? Or for that matter, given the international nature of the event, the Secretary of State for Defence and the Foreign Secretary?

Did nobody really use that well-worn expression and say "Prime minister, consider the optics!" Really? Absolutely nobody?

The words "on", "another" and "planet" come to mind.

The French behaved pretty shabbily

too, demanding that our troops showed their passports, in a petty demonstration against Brexit.

Perhaps next time they ask us to liberate them, we should say we can't because our troops haven't got the right papers.

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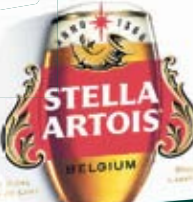
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Kelly's Eye



BY FERGUS KELLY

AFTER the events of the past week, I'm actually starting to feel sorry for Rishi Sunak. What has emerged since that fateful D-Day disappearance is how attentive the Prime Minister and his wife had been towards British veterans at all the previous ceremonies, in both Portsmouth and northern France, marking the 80th anniversary. But none of that now counts for anything. Sunak's colossal blunder in leaving early was his equivalent of Gordon Brown's "bigoted woman" moment in 2010.

He will similarly never be able to escape it.

The pile-on that's since engulfed the PM has been brutal to witness, including those who – outside an election campaign – never otherwise betray any concern for either our veterans or the state of our armed forces.

It came just a couple of days after he'd outperformed Keir Starmer (of whom more later) in their first televised leaders' debate. Yet what that event most notably demonstrated was the paucity of the choice facing us voters.

On one side, Sunak gropes around – like Brown when asked to name an Arctic Monkeys song – to

come up with policies which instantly beg the question: why now suddenly, and not during the previous 14 years in office?

While on the other, Starmer wrestles daily to avoid offering any hostages, by saying as little as possible about what a government of his would actually do.

No wonder Nigel Farage seeks to seize the opportunity the two main parties present. His many media detractors insist elections can only be won from the centre. But – because of their own significant role in it – none acknowledge how far to the left that centre has shifted.

Few would once have turned a hair, even if they didn't agree with them, at Reform UK's policies.

Now, to seek to drastically reduce immigration, end the fantasy of wholly unrealisable net zero targets, or reject deliberately divisive identity politics, is to invite the pejorative "far right" label (you'll notice our broadcasters never apply an equivalent "far left" branding to anyone).

Farage's entry into the fray offers the sort of distinctive choice that the Conservatives, as much as Labour, have so narrowed.

Starmer's ill-at-ease stance

I THOUGHT Keir Starmer's point-blank "no" to being asked if he'd ever contemplate using private healthcare for a loved one on a long waiting list for surgery, was the low point of his flat-footed and insipid performance during last week's leaders' televised debate.

There are only two explanations. Either he was panicked into making a commitment he knows that he couldn't keep if actually confronted by a family member in pain and need of urgent treatment.

Or he really would put the latter through such an ordeal for the sake of his ideological conscience – and despite the fact he could easily afford to do so, while also easing the pressure on those waiting lists. Neither conclusion inspires confidence. Or admiration.



Picture: GETTY

I WILL always be grateful to Michael Mosley, the doctor and author who died on the Greek island of Symi last week.

At the start of last year I became so discontented with the weight I'd been putting on since lockdown that I bought a diet book for the first time in my life. How fortunate for me that it was Mosley's The Fast 800.

It proved not just a lucid explanation of the dangers of the visceral fat I'd been busy acquiring, but a compelling argument for the periodic fasting and time-restricted eating he recommended to shift it.

And it worked. I lost 2st in six weeks. The fact that I've kept most of that off since is also down to the recipes created for the diet by Mosley's wife, Claire Bailey.

I particularly recommend the Spanish aubergine stew with chorizo, chilli lime tuna with beans and diced mango, and mozzarella chicken. They're all simple to make, taste wonderful, and are the opposite of making you feel a diet is something you must endure.

I hope the depths of his family's loss are mitigated by the knowledge of how many lives the couple have improved between them.



Popular...on 2017 show

Deb backs Strictly's 'reject' Gio

By **Laura Harding**

DEBBIE McGee says she is "heartbroken" after Giovanni Pernice was left out of this year's Strictly line-up amid allegations about his teaching methods.

The 65-year-old former magician's assistant reached the final with Giovanni in 2017, a year after her husband Paul Daniels died. Sharing a photo of herself with the pro online, she said: "I'm heartbroken for Giovanni Pernice. My experience on Strictly will always be happy and life changing."

"Gio nurtured me through my grief and gave me confidence I could do things."

The dancer, 33, has said he'll clear his name.



TV queen...Dame Mary

Mary back to cooking with stars

By **Laura Armstrong**

DAME Mary Berry is returning with another series where she cooks with celebrity pals.

Mary's Foolproof Dinners will air on the BBC in the autumn.

It follows the success of Mary Makes It Easy last year, where the 89-year-old cooked with stars including Anton du Beke and Lorraine Kelly.

A source said: "It was a no-brainer for a follow-up. Mary has plenty of famous fans lining up."

"She is the queen of cooking shows, but these are also so feel-good that you don't have to be a fan of cooking. Viewers also enjoyed seeing her chat to the celebrities in the kitchen."

Rod's king of comedy

Rocker hits the right note at Charles awards ceremony



SIR Rod Stewart gets a tenner out of 10 for bringing the laughs to the first ever King's Foundation Awards.

The rocker, 79, had his wife Penny Lancaster and even the King in tears of laughter as he took a cheeky dig at David Beckham for not having a knighthood.

He took to the stage to present the Teaching Award after sharing a quiet joke with a cameraman about a £10 note, which he accidentally ripped taking out.

He told the other guests at St James's Palace in London: "Penny and I are so honoured to be ambassadors for the King Trust."

Lady Penny corrected him by saying "foundation".

"B***ocks!" said Sir Rod – adding, "Oh, I probably shouldn't have said that!" It prompted his wife, who had

By **Allister Hagger**

earlier greeted Charles with a kiss, to mock-cross herself.

Sir Rod then waved his fist triumphantly and said: "I am also wonderfully honoured to be a knight and, David, yours is coming soon!"

Could the £10 have been be his stake in a bet with the former England skipper?

As he exited the stage, a laughing Becks said: "Thanks Rod, thanks very much!"

Becks also chatted with the King, 75, about the Euros, telling His Majesty: "We'll be ready." The King, who is undergoing cancer treatment, was in very high spirits.

His foundation champions sustainable ways of living and building communities. Other Guests included Sienna Miller, Naomi Campbell and ex-UN leader Ban Ki-moon.



Some guys have all the bucks...Rod with Penny and Becks, top, and Charles, left. Above, Pen and King

Activists vandalise HM's portrait

ANIMAL rights activists defaced the new portrait of the King yesterday with Wallace and Gromit stickers taking aim at the RSPCA, of which he is patron.

One stuck a cutout of Wallace's head over the monarch's while another put up a speech bubble reading: "No cheese, Gromit. Look at all this cruelty on RSPCA farms!"

The Philip Mould gallery said there was no damage to Jonathan Yeo's red-hued oil painting as the portrait is protected by a layer of Perspex.

Animal Rising said the stunt

By **Emily Ferguson** Royal Editor

was to highlight its "damning investigation" into 45 RSPCA "assured" farms.

The group called on the King to suspend his support of the animal charity.

Shocked

Animal Rising spokesman Daniel Juniper said it chose the Wallace and Gromit theme because the King is a fan of the animated heroes, who are set to star in new film Vengeance Most

Fowl which is released on BBC One this Christmas.

Juniper added: "We couldn't think of a better way to draw his attention to the horrific scenes on RSPCA Assured farms."

A group report alleges 280 legal breaches of Defra regulations at 45 farms with pigs, chickens, salmon and trout.

The RSPCA said: "We are shocked by this vandalism."

"RSPCA Assured is acting swiftly to look into these allegations. We remain confident our scheme is the best way to help farmed animals."



Defaced...the King's portrait yesterday



Critical...the care sector

'Unsung' carers to aid Covid inquiry

By Aine Fox

CARERS are being urged to share their pandemic experiences with the Covid Inquiry to ensure lessons can be learned for the future.

What happened to those who worked in the challenging conditions during the outbreak and spread of the virus must be put "on the record" and used to "help drive change", those within the sector said.

Carers and those who had experience of adult social care in that period are said to have a "unique opportunity to contribute to the inquiry's investigations" through its Every Story Matters project.

It allows people to anonymously share what they went through.

The call comes during

Influence

Carers Week – and a year before the inquiry's public hearings start to listen to evidence from the care sector.

Inquiry secretary Ben Connah said: "Carers were unsung heroes during the pandemic, facing extraordinary challenges with unwavering dedication."

"Their stories are essential to understanding the full impact of Covid-19 and to helping make sure lessons are learned for the future. I urge all carers to share their experiences with Every Story Matters. Your voices are a vital part of our inquiry."

Ramzi Suleiman, policy and public affairs manager for the Carers Trust, said: "We can't influence change unless we are part of the story."

Melanie Weatherley, co-chair of the Care Association Alliance, said sharing experiences "will shape the inquiry".

She added: "We can help drive change."

Call for GPs to flag prostate test

By Hanna Geissler

OUTDATED guidance is putting lives at risk by preventing GPs from raising the option of a blood test for men at highest risk of prostate cancer, a charity warns.

The PSA test measures a protein called prostate-specific antigen and elevated levels can be a sign of cancer.

Men over 50 and those at higher risk can request it on the NHS, but GPs are instructed not to raise the issue unless patients have symptoms.

But Prostate Cancer UK says early-stage disease usually does not cause symptoms and many men are unaware of the test, putting them in danger of being diagnosed later than necessary.

The charity is urging the next Government to change the advice so that GPs can proactively speak to men at highest risk – including black men and those with a family history – and make them aware of all their options, including the PSA test.

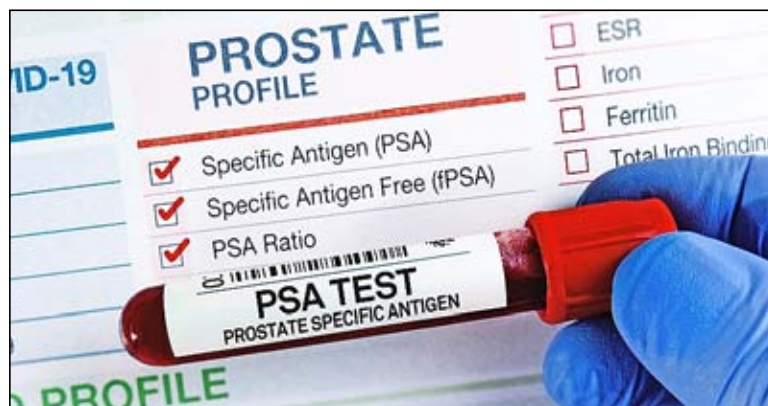
It is asking members of the public to support the campaign by writing to their local parliamentary candidate ahead of the

Plea... Chiara De Biase



General Election on July 4. Chiara De Biase, director of health services, equity and improvement at Prostate Cancer UK, called on politicians to "fix this failing system and start allowing clinicians to have these life-saving conversations".

She added: "We simply can't continue with a system where men at high risk of prostate cancer can get a test – but only if they know to request one. This outdated guidance is failing both men and their clinicians, making health inequalities



Key...this test indicates signs of cancer but patients have to request it first

worse and putting lives at risk. It's about time that changed."

Around 55,000 men are diagnosed with prostate cancer each year.

Paul Campbell, 54, was told he had the disease after requesting a test from his GP five years ago. He said: "It wasn't something my GP ever spoke to me about. It was only because I saw an advert suggesting that men over 40 should have a health check that I decided to speak to someone."

Paul, from London, said his diagnosis came as a shock as he had always been fit and healthy.

He now works to raise awareness, adding: "I'm backing this campaign to make sure other

men at high risk get the chance to speak to a health professional and discuss whether a PSA test is right for them."

The NHS has set a target to increase the proportion of patients diagnosed early at stage one or two from the current 53% to 75% by 2028.

Almost all whose disease is caught at stage one survive for at least five years, but this drops to half at stage four.

Identifying more cases early could also have financial benefits, as hormone treatments used for advanced disease cost the NHS tens of thousands of pounds annually.

Black men face double the risk of diagnosis and death with prostate cancer compared with the general population. Men in the most deprived areas are also 29% more likely to be hit by incurable disease.

The PSA test is not considered reliable enough for a national screening programme.

However, a major £42million trial is investigating whether it could be used in combination with MRI scans or other methods.

A&Es to give health

Extra hospital checks rolled out for pensioners by NHS

By Hanna Geissler
Health Editor

OLDER people who end up in A&E are to be offered "health MoTs" to ensure that they receive the best care and to reduce the need for their admission to hospital.

Extra checks are being rolled out for over-65s with frailty-related conditions to help direct them to the correct support.

NHS chief executive Amanda Pritchard is expected to tell the NHS ConfedExpo annual conference today that the scheme is a "lifeline".

She will say: "Health MoTs at the front door of A&Es for older people could be a lifeline for many – from blood pressure tests to a review of their falls' history, these checks mean patients can be assessed quickly and directed to the right support for their needs."

Frailty is a growing concern for the NHS due to the ageing population.

The 2021 census revealed that more a sixth of the

population (18.6% or 11.1 million) were aged over 65 – a figure which is estimated to increase to 25% in the next 20 years.

Every year some one million over-75s are admitted to hospital in England, and a fifth of them are considered to be severely frail.

The numbers living with frailty are likely to increase by 148% by 2035, according to NHS England.

Under measures set out in the updated NHS urgent and emergency recovery plan last month, hospital chiefs are expected to offer the health MoTs to identify frailty 10 hours a day, seven days a week.

Some had launched schemes in recent years but all hospitals are now being asked to roll them out, NHS England said.

Patients who are found to require extra care can be directed to



Tests...not readily available on NHS

ALZHEIMER'S DRUGS

NHS services risk being overwhelmed as new Alzheimer's drugs are introduced unless the right testing is made available, a study has warned.

Lecanemab and donanemab, which slow down early stages of the disease, are being assessed for approval by medicine regulators.

However, tests to confirm a diagnosis of Alzheimer's – such as fluid biomarker tests or PET scans – are not easily available on the NHS, making it harder to assess which patients would actually benefit from the new drugs.

Researchers looked at the clinical notes of 1,017 patients in London, around half assessed in a specialist cognitive service and half in community memory

services such as fall prevention or dementia support.

It is hoped the initiative will prevent thousands of unnecessary admissions, allowing more patients to receive care on the same day and to be returned home more quickly.

Falls are a major reason for older people ending up in hospital.

There were more than 200,000 emergency admissions in 2022/23 due to falls by over-65s, according to

data from the Office of Health Improvement and Disparities unit within the Department of Health.

The NHS has also introduced nationwide urgent community response teams to deal with 999 calls for problems including falls, diabetes support or confusion.

Ms Pritchard will add: "With rising demand for care, it is vital that we continue to adapt our services to meet the growing and changing

Scheme...NHS boss
Amanda Pritchard



Pictures: GETTY; PA

'Shock'...Paul Campbell is helping to raise awareness after diagnosis



MoT to over-65s

'BRING URGENT NEED FOR BETTER SCREENING'

By **Hanna Geissler**

services. Of the 517 seen in memory services, 161 had brain scans and just two had fluid biomarker tests – and 32% went on to be referred for potential suitability for the drugs.

But of the 500 in specialist clinics, all but eight had scans and two-thirds got fluid biomarker tests.

After exclusions, due to issues such as frailty, just 14% of the those at the specialist clinic were suitable for treatment, researchers said.

The study in the *Journal of Neurology, Neurosurgery and Psychiatry* drew on experts from University College London and several NHS trusts.

The researchers said NHS systems “need to be set up to deal with

this potential large mismatch between referral and ultimate eligibility in order to avoid overwhelming services”.

They added: “Due to the lack of biomarker testing in community memory clinics, the clinical suspicion of Alzheimer’s is likely to be incorrect in at least 30% of cases.

“A secure diagnosis of Alzheimer’s disease with beta-amyloid accumulation is only possible with fluid biomarkers or PET imaging, which are currently not usually available to memory services.”

Alzheimer’s Research UK’s David Thomas said: “Health systems must be able to offer those with symptoms of dementia an accurate and early diagnosis to find out whether these treatments could benefit them.”

needs of patients – which is why, as part of our urgent and emergency care recovery plan, we have asked NHS hospitals to introduce practical measures to ensure older people get the care and support they need. While some people do need to be admitted, it isn’t always the most suitable place for older patients’ needs, and they can also rapidly lose mobility while in hospital.”

Half of frail older patients who are admitted experience functional decline

by the time they are discharged. Up to half can become incontinent within 48 hours of admission. During the first week in hospital, patients can see their muscle strength reduced by up to 10% while their circulation is up to 25% worse.

Hospitals across the country have introduced schemes to prevent de-conditioning for older patients who must be admitted. Examples include chair-based exercises such as yoga, “race track” routes on wards, static pedals for

patients receiving dialysis and even care home pedometers for residents to attempt virtual coastline walks.

Other updates to the urgent and emergency care recovery plan include cash incentives for hospitals that do not leave patients waiting in A&E for 12 hours or more. The NHS will also expand its use of virtual wards to free up space in emergency departments.

Sir Julian Hartley, chief executive at trusts body NHS Providers, said: “Half of hospital inpatients aged over 65 are affected by frailty.

Innovative

“The growing number of people with frailty will have a significant impact on future health and care services.

“Community health services are spearheading innovative care for people with frailty, supporting them to stay well in their own homes, with some trusts already providing front-door frailty services within hospitals.

“But too many frail people who need well-planned, joined-up care still aren’t getting the support they need.”

Sir Julian warned: “National policy-makers must support trusts and local health system partners with more investment and resources in the community to make sure that patients can have the right care at the right time in the right place.”

OPINION: PAGE 12

Fast food and fossil fuels ‘kill 2.7m each year’

By **Hanna Geissler**

ULTRA-processed foods, alcohol, tobacco and fossil fuels are killing 2.7 million people a year across Europe, health chiefs have warned.

The World Health Organisation said “powerful industries” are driving ill health and premature death as they interfere in government policies and efforts to cut cancer, heart disease and diabetes.

In a report, the WHO calls for “strict regulation to curb industry power” and for authorities to drive forward health policies which are regularly “challenged, delayed, weakened or stopped” by business.

WHO said “more than 7,400 people are dying every day” in its European region due to harmful products and practices “driven by commercial industry”.

It said: “These commercial products contribute to 24% of all deaths, including significant mortality from cardiovascular diseases (51.4%) and cancer (46.4%).”

Overall, tobacco, alcohol, UPF and fuel producers are wholly or partly responsible for 2.7 million deaths per year in Europe, according to the document.

Meanwhile, the global picture shows tobacco, UPF, fossil fuels and alcohol cause 19 million deaths a year or 34% of all deaths. WHO said 1.15 million deaths per year in Europe are caused by smoking, 426,857 by alcohol, 117,290 by diets high in processed meats and 252,187 by diets high in salt.

These figures do not include those caused by obesity, high blood pressure, high blood sugar or high cholesterol level – all of which are linked to unhealthy diets, it

said. The report called on governments to recognise the tactics used by industry – such as blaming individuals, marketing, spreading disinformation, promotions on social media, lobbying and “subverting science” such as by funding research that promotes their goals.

The WHO said the “primary interest of all major corporations is profit”, while having a large market share “often also translates into political power”.

It added: “Regardless of the product they sell, their [industry] interests do

not align with either public health or the broader public interest. Any policy that could impact their sales and profits is therefore a threat, and

they should play no role in the development of that policy.”

The study said that, with the exception of rules around tobacco, “global efforts to regulate harmful marketing have, at best, been underwhelming”.

Dr Hans Kluge, WHO regional director for Europe, said: “Industry tactics include exploitation of vulnerable people. These threaten public health gains of the past century.”

In the UK, the Tobacco and Vapes Bill – which would restrict the marketing of vapes to children and ban children from taking up smoking – failed to make it through Parliament before it was dissolved for the General Election.

Plans to tackle the promotion of foods high in fat, sugar or salt have also been pushed back to next year, while the Government reviewed the impact it would have on shoppers and businesses, said Downing Street.



'Harmful'...ultra-processed food

Warning...Dr Hans Kluge



War crime claim over rescue bid

By Tara Fair

UN human rights chiefs believe the raid by Israeli forces that freed four hostages and killed hundreds of Palestinians may constitute war crimes – by both sides.

Spokesman Jeremy Laurence aired concerns about possible violations of rules of distinction, proportionality and precaution by Israel in Saturday's raid at the Nuseirat refugee camp.

It's thought at least 274 Palestinians were killed in the operation.

He said armed groups holding hostages in densely populated areas put the lives of nearby civilians and those taken at "added risk".

Mr Laurence told a UN briefing in Geneva: "All these actions by both parties may amount to war crimes. It was catastrophic the way this was carried out, in that civilians, again, were caught smack bang in the middle of this."

' Hamas says it wants peace ...now is the time to prove it'

By Emily Braeger

HAMAS was under pressure yesterday to prove it wants to end fighting in Gaza after the UN supported America's ceasefire plan.

The effort to end the eight-month Israel-Hamas war saw 14 UN votes in favour and one abstention – by Russia.

US officials finalised the text on Sunday after six days of negotiations. They said Israel had accepted the three-phase plan and called on Hamas to follow suit.

Reconstruction

US President Joe Biden wrote on social media: "The UN Security Council just adopted our resolution calling on Hamas to accept the deal to establish a ceasefire with the release of hostages.

"Hamas says it wants a ceasefire. This deal is an opportunity to prove they mean it."

Hamas responded by saying it "welcomes" the resolution and was ready to work with mediators in indirect negotiations with Israel to implement it.

The first phase of Biden's resolu-

Picture: EYAD BABA/AFP



Ruins...destroyed buildings in Khan Younis, southern Gaza, yesterday

tion would begin with an immediate ceasefire and the release of some Israeli hostages and Palestinian prisoners.

The second stage would lead "upon agreement of the parties" to a permanent ceasefire and the full withdrawal of Israeli forces from Gaza.

The final part would involve

reconstructing the besieged enclave. US Ambassador Linda Thomas-Greenfield said the UN vote "sent a clear message to Hamas to accept the deal on the table". She added: "The fighting could stop today if Hamas would do the same."

Much of Gaza has been destroyed during the conflict, with cities including Khan Younis now in ruins.

COMMANDER KILLED IN ISRAELI CLASH

By Emily Braeger

A HAMAS commander in the West Bank has been killed in a clash with Israeli forces.

Hamas said Mohammed Jaber Abdo died along with three other fighters in a village near Ramallah.

A joint statement by the Israeli army and police earlier said undercover forces had tracked down a suspect wanted over an attack on a nearby Jewish settlement.

It added the man was hiding in a compound with three other suspects and forces fired after they tried to run them over with a car and flee.

The statement said weapons were also found in the car.

It comes as the Israeli military said four soldiers died in an explosion in Rafah on Monday when explosives they were using to clear a building were triggered early, causing it to collapse.

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Revenge plot...Nazir, 30

Pair hired American 'hitwoman' to kill dad

By **Ross McCarthy**

A FATHER and son are facing jail after hiring an alleged hitwoman to kill a man and his family in a revenge attack.

Mohammed Nazir, 30, and Mohammed Aslam, 56, held a grudge following a dispute at a boutique clothing store owned by the family in 2018, a court heard.

They arranged for Aimee Betro to fly from the US to the UK the following year where, disguised with a hijab, she confronted her intended target's son, Sikander Ali.

She pointed a gun at his head but it jammed as she pulled the trigger.

She later returned and fired three shots at a house in Acocks Green,



Convicted...Aslam, 56

Birmingham. Two days later she returned to Chicago, Illinois, and is still at large, the city's crown court was told.

Aslam and Nazir, of Derby, were found guilty of conspiracy to murder, and Nazir also of firearm offences and perverting justice. They are due for sentencing on August 9.

The court heard Betro arrived in a Mercedes after contacting Mr Ali's father, Aslat Mahamud, about buying a car.

After failing to shoot Mr Ali she drove off and abandoned the Mercedes and later returned in a taxi and "fired three shots", the court heard.

Betro unsuccessfully tried to change her flight documents so Nazir could return to the US with her, jurors heard.

Detective Inspector Matt Marston, of West Midlands Police, said: "We hope that justice has been served."



Skip-per...Kane, above, and team train; Bellingham and young fans



Harry leads England knees-up ahead of Euro opener

By **Robert Kellaway**

ENGLAND skipper Harry Kane puts his Three Lions through their paces ahead of Euro 2024, as eager young fans gather.

Boys and girls converged on the team's training session held on the Ernst-Abbe sports fields in Jena, Germany.

One lad held up a shirt with Jude Bellingham's name and number – the 20-year-old star

midfielder played for German giants Borussia Dortmund until last year's transfer to Real Madrid.

Off the pitch, there were fears yesterday that a mob of 500 Serb thugs may attack England supporters ahead of Sunday's game between the two countries.

So-called fans in Serbian gangs

– including the Gravediggers and Headhunters – are said to be en route to Germany for the evening clash in Gelsenkirchen.

England games in the last two Euro tournaments have been plagued by rioting – and police have labelled the Three Lions' first game the most high-risk this time.

Police chief Peter Both vowed: "If individuals or groups seek to

cause disorder...we will intervene and take proactive action."

Back in the UK, retailers hope Euro 2024 will kick off a spending spree as fans upgrade TVs and stockpile food and drink.

A British Retail Consortium poll found a quarter of 18 to 24-year-olds plan to buy more. Pubs will be able to open to 1am if England or Scotland make the semi-finals.

By **Emily Braeger**

THE bill for moving home has soared to £51,784, research shows – with most people having to stump up nearly £6,000 unexpectedly.

Much of the full outlay is the mortgage deposit – an average £42,416 based on a typical 15% of the property value.

Then there is the estate agency fee required when selling an existing property, coming in at £4,015 based on 1.42% of the average selling price.

On top of that the average buyer will also pay £1,639 in stamp duty, £1,300 in removal costs, £1,263 in conveyancing fees and £1,150 for a valuation and surveys.

Tough

However, the cost differs depending on the type of property involved.

For example, flat movers require an average budget of £40,468, while those leaving a detached place for another one will pay the most – typically £86,256, according to the figures from My Move Conveyancing.

For leasehold purchases there may be additional upfront costs for a portion of the service charge which can amount to several hundred pounds.

Last week Halifax put the average UK property value in May at £288,688. Separate research from Compare the Market revealed 69% of households have been stung by

Cost of moving house hits £51k

Biggest shock comes from colossal legal bills



Home sweet home...costs can add up

surprise costs and fees when moving home. It found that the average cost of these is £5,837. The most common shock bills come from legal fees being

larger than expected (41%), while one in four noted the alarmingly high cost of moving, such as hiring a van or paying for short-term storage.

Andy Hancock, of Compare the Market, said: "Credit cards and personal loans are popular ways to cover these hidden costs if you don't have enough savings."

"If you decide to take out a credit card or personal loan it is worthwhile shopping around online and comparing deals to find one that suits your needs and circumstances."

Alistair Singer, director of My Move Conveyancing, said of his firm's research: "Home ownership doesn't come cheap, and while first-time buyers may face the toughest task when

getting a foot on the ladder, home movers will also incur a whole range of costs when looking to move up or down the property ladder."

"Unfortunately, some of the biggest costs involved with moving home are generally unavoidable, such as a mortgage deposit and stamp duty."

"However, with a little bit of additional effort, you can shop around to streamline other costs such as estate agency, removals and conveyancing fees – and it's always worth getting additional quotes from a range of reputable firms."

"Of course, it's important to remember the cheapest isn't always the best choice and low costs could result in lower service offerings."

Pigs trot to UK for butterfly

By Emily Beament

HUNGARIAN pigs will be used to create the perfect habitat for the UK's most endangered butterfly.

"Living lawnmowers", the Mangalitsa pigs and English Longhorn cattle will help set up breeding conditions for the high brown fritillary at a National Trust site in Exmoor, Devon.

Experts say the population of the butterfly, which has a 2.6in wingspan, has fallen 65% since 1978.

The pigs and cattle will graze down areas of land to create space for common dog-violets – food for butterfly caterpillars.

A £228,000 species recovery grant from Natural England will help to fund the project.

Squirrels on red alert after grey find

By Elizabeth Hunter

THE appearance of a grey squirrel has alarmed conservationists on a Scottish island, as it poses a terrible threat to the native reds.

The creature was spotted on the Isle of Seil in Argyll, 100 miles from the nearest known greys.

Katie Berry, of Saving Scotland's Red Squirrels, said: "Grey squirrels are an invasive, non-native species. They out-compete red squirrels for food and habitat. As a result, they have replaced red squirrels across the majority of England and Wales over the last 150 years or so.

Deadly

"Grey squirrels can also carry the squirrel pox virus, which doesn't affect them, but is deadly to red squirrels."

Scotland is home to 75% of the UK's red squirrel population. Katie added: "The grey squirrel sighting on Seil is very unusual. It's in an area that is home to red squirrels only.

"Seil is an almost impossible location for a grey squirrel to be in. We cannot say for sure how it got there. Potentially, it may have got up via some sort of transport."

She appealed to people to report any further sightings on the website scottishsquirrels.org.uk

OPINION: PAGE 12

Dangers... a grey squirrel was seen on the Isle of Seil, below



'Protect lake from sewage pollution'

By Steph Spyro
Environment Editor

TV wildlife expert Chris Packham has urged party leaders to give Lake Windermere greater protection from sewage pollution.

The Springwatch star and fellow campaigners including comedian Paul Whitehouse believe the new Government should step in to aid the recovery of England's largest lake.

They penned an open letter yesterday stating it contributes £750million to the economy. And signatories, such as the Wildlife Trust and WildFish, warn it is being degraded by pollution.

Matt Staniek, founder of Save Windermere, said the lake



Natural beauty...Lake Windermere

needed enhanced protection to preserve it for future generations.

In the letter, he said: "This is not ideological, it's non-contentious and absolutely necessary to save Windermere while also setting an example for the treatment of our freshwater and our natural world on a national level. We urge

you to commit with haste to granting greater environmental protection for England's largest lake. The mechanism to achieve this must have legal underpinning, while current legislation must also be enforced.

"Success will be defined as the long-term recovery of the lake."

Millions of litres of raw sewage were pumped into Windermere in February due to a third party cable fault which affected a United Utilities pumping station.

The water company failed to stop the pollution for 10 hours. It said: "Factors affecting water quality in Windermere are complex and, without targeted action by multiple sectors, we will not see the changes we all want."

OFFICIAL FATHER'S DAY REMINDER

16TH JUNE



ASDA

THAT'S MORE LIKE IT

Selected stores and lines. Subject to availability. Tamnavulin Speyside Single Malt Scotch Whisky 70cl, was £34 now £20 each. Text Father's Day Card 28p each. Daddy Mug £1 each. Nivea Gift Set was £20 now £12 each. May exclude Asda Express stores and small stores - see ASDA.com/smallstores



Picture: SPLASH NEWS



Claim...Alexander Morris

Four Tops' star sues hospital over fame

By **Christopher Bucktin**

A FOURTOPS member is suing a hospital, claiming he was deemed mentally ill by staff who did not believe he was famous.

Alexander Morris was taken to the Ascension Macomb-Oakland Hospital in Michigan last year with chest pain and breathing difficulties, complicated by a history of cardiac disease.

But after he told a nurse and a guard he had security concerns as a member of the Motown group, he claims a doctor ordered a psychiatric evaluation and "made the decision to remove him from oxygen".

At one point he was allegedly placed in a straightjacket.

The singer's legal action alleges that racial discrimination was at the heart of the hospital's decision to assume he was mentally ill.

Identity

His lawsuit, filed in a Michigan federal court, alleges that no attempts were made to verify his identity, even after his wife told an official he really was a member of the Four Tops and was not at all delusional.

The psychiatric test was finally cancelled after Alexander, 53, showed a nurse a video of himself performing at a Grammys ceremony.

The lawsuit claims he was offered a £20 department store gift card as an apology.

He said he suffered damages of £59,000 due to the hospital's treatment of him.

He was eventually diagnosed with a serious heart condition and suffered three seizures. The hospital said the case is "under investigation".

Alexander joined the Four Tops in 1919. Three original members have died since the group was formed in the 1960s, but the sole surviving original member, Abdul "Duke" Fakir, continues to perform with them.



Craig goes long for hair-dunnit

By **Emmanuella Ngimbi**

THE mane's Bond...changed Bond – fans of former 007 Daniel Craig did a double-take at his appearance as he filmed the next Knives Out.

Ditching the neat trim of the suave spy, Craig had shoulder-length locks and a short grey beard on the set of the third whodunnit movie in which he returns as detective Benoit Blanc.

His new look left followers divided after the film's director Rian Johnson posted online a black-and-white photo of the 56-year-old actor in character.

He wrote on X: "Aaaaand we're off! Today is day 1 of shooting on the next Benoit Blanc mystery 'Wake Up Dead Man' – see you on the other side."

While some fans shared their eagerness to see the sequel, others were taken aback and left unsure about Craig's longer hair look.

Shooting

Craig – whose fifth and final Bond flick No Time To Die came out in 2021 – was shooting an outdoor scene. He wore a blue shirt with matching tie underneath a dark olive green waistcoat and blazer with a beige trench coat.

Knives Out premiered in 2019 and followed Blanc's investigation into the murder of novelist Harlan Thrombey (Christopher Plummer).

Three years later, Glass Onion: A Knives Out Mystery saw Blanc on the private Greek island of tech billionaire Miles Bron (Edward Norton), after a murder game went wrong.

The third instalment, out next year, also stars Glenn Close, Josh O'Connor, Jeremy Renner and Mila Kunis, right.



Blanc looks... Daniel Craig on set; in character far left, and in Knives Out

By **Paul Jeeves** Crime Editor

PAEDOPHILE pop star Gary Glitter has been ordered to pay a woman he abused when she was 12 more than £500,000 in damages.

Glitter, 80, whose real name is Paul Gadd, was hit with the compensation order yesterday after his victim sued him in the High Court.

It could now spark fresh claims from other victims of the glam rock star.

Glitter was jailed for 16 years in 2015 for abusing the girl and two other children between 1975 and 1980.

The singer still boasts a £6million fortune from hits including I'm The Leader Of The Gang – and has nearly 700,000 monthly listeners on Spotify.

Controlled

Glitter was 33 when he met the 12-year-old at a concert in Birmingham in 1977, his 2015 trial heard.

He invited her and her mother to his hotel the following night, where he plied them with champagne before raping the schoolgirl.

The trial heard she was invited back to Glitter's London home where she was again raped and sexual assaulted.

Yesterday's High Court hearing was told the victim had been "humiliated and coercively controlled" by Glitter.

Mrs Justice Tipples said the £508,800 damages included £381,000 in lost earnings and £7,800 for future therapy and treatment, plus £84,000 interest.

She added: "The claimant did not tell anyone in her family what happened to

Glitter must pay victim £500,000 for abuse when she was aged 12

her as she was worried that she would bring shame on them all and she thought her family would not love her any more if they knew."

The woman's barrister, Jonathan Metzer, said Glitter's abuse had a "dramatic and terrible impact" on his victim.

Glitter was freed automatically from The Verne prison in Dorset last year after serving half of his 2015 fixed-term determinate sentence.

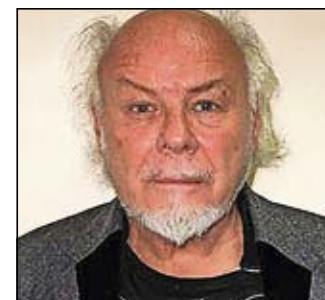
But he was back behind bars under six weeks later for breaching licence

conditions by trying to access the dark web and view images of children.

After losing a parole hearing last month, he was said to have told fellow inmates he believes he will die before his release date of 2031.

In 1999, Glitter was jailed for possessing thousands of child abuse images.

He was expelled from Cambodia in 2002 amid sex crime allegations and later spent two-and-a-half years in jail for sexually abusing two girls aged 10 and 11 in Vietnam.



£6million fortune...Gary Glitter

HICKEY



REFLECTING on 60 years of fame, Sir Tom Jones claims he's relieved that female fans no longer feel the urge to chuck their underwear at him during concerts.

"Thank God they don't throw them any more, because that was a joke," the Welshman, *pictured*, tells Yours magazine. "You have to use shtick and then it caught on and I was drowning in a sea of panties after a while. It backfired on me."



History suggests Sir Tom was rarely mortified by the levels of female attention.

DIRECTOR and former Monty Python star Terry Gilliam predicts his next film will be his last. **Planning The Carnival at the End of Days**, which will see his pal Johnny Depp cast as Satan, Gilliam, 83, now announces: "This movie will probably be my swansong."

With a directing career stretching back 50 years, Terry, whose hits include *Brazil* and *The Fisher King*, cheerfully adds: "I realise that I haven't gone out of fashion when I see young people stopping me in the street and telling me how my films have influenced them."

Not that he's always been in favour in recent years. Woke types over at London's Old Vic theatre memorably vetoed his stage musical *Into The Woods* in 2021.

ALMOST 25 years since achieving global stardom in *Gladiator*, Russell Crowe admits he has reservations about the sequel.

With his own character Maximus having died at the end of the original film, the actor remarks: "I'm slightly uncomfortable with the fact they're making another one – because, of course, I'm dead and I have no say in what gets done. But a couple of the things I've heard I'm like, 'No, no, no, that's not in the moral journey of that particular character.' But I can't say anything, it's not my place, I'm six foot under. So we'll see what that is like."

PLAYFULLY suggesting he resembles French First Lady Brigitte Macron, daft-as-a-brush Tory veteran Sir Michael Fabricant jokes: "Campaigning earlier with [Emmanuel] Macron. So brave of him to call an early election."

While Fabricant turns 74 today, fellow blonde bombshell Brigitte, *also pictured*, is a sprightly 71.

Regular readers will recall Michael being sensitive about wig-wearing matters – he'll only admit to some "enhancement of the follicular area".



REMINDED she was once described as having the "sexiest voice on TV", husky-sounding broadcaster Mariella Frostrup modestly clarifies on ITV's *Loose Women*: "One *third* of the sexiest voice in the UK. There was Judi Dench and Honor Blackman in there as well. It's a combination of the three of us!"

CONFESSING to having recently paid "£3,000 worth of parking tickets", *Birds of a Feather* star Linda Robson mischievously announces: "I'm a national treasure, I can park where I like."

Alas, nobody appears to have told the traffic wardens...

THE MAN WHO HEALED THE NATION



EXCLUSIVE

By James Rampton

IT'S no understatement to say Michael Mosley was a man who changed thousands, if not millions of lives for the better. He may not have been the first TV doctor to grace our screens but his natural ebullience and enthusiastic dedication to improving the nation's health – often through the experiments he trialled upon his own body – made him one of the most respected and best-loved names in broadcasting.

Michael, who very sadly died of natural causes at the age of just 67 after going missing during a walk home on the Greek island of Symi last week, single-handedly transformed the health of a nation. Whether popularising his now world-famous 5:2 diet, swallowing magic mushrooms, undertaking strenuous high-intensity training sessions or investigating the side-effects of vaping, he brought knowledge, energy and insight to investigating medical problems.

Quite simply, he was passionate about making real changes in people's lives. He introduced effective ideas that individuals of all ages could follow – one example being his hugely popular *Just One Thing* podcast in which he promoted simple life hacks from deep breathing to the joys of singing to boost physical and mental health – based on proven scientific evidence.

But equally important is that all of his advice came from the heart. There was never any ego – just a willingness to seek answers.

Having interviewed thousands of famous people in my 35 years of journalism, I can say very few have made such an impact on me as Michael did.

And the outpouring of grief for the TV, radio and podcast presenter, who was always charming, charismatic and gifted with an encyclopaedic knowledge of science, proves many others felt exactly the same way.

DISPLAYED on programmes such as *The One Show* and *This Morning*, these qualities helped make Michael perhaps the most trusted doctor in the land. He easily fell into the small, elite category of "national treasure".

My abiding impression will be of someone with a unique set of skills.

During our interviews, I gained an insight into Michael's super-power. An absolutely natural communicator, he possessed an unrivalled ability to convey vital health messages in readily understandable language.

Someone who always felt like "one of us",

From his world-famous 5:2 diet to cold showers, 'snack' exercising and swallowing tapeworms (to report firsthand on their effects), Michael Mosley revolutionised our physical and mental health. And his advice, writes one journalist who knew him well, came from the heart



TIPS FOR HEALTHY LIVING: He advocated veg... and cold water

Michael used that talent to considerable effect on such accessible and informative documentaries as *Trust Me*, *I'm a Doctor*, *The Story of Science* and *Inside the Human Body*.

It is no exaggeration to say his brilliant and easily comprehensible medical advice helped save many lives.

A qualified doctor and TV producer, Michael first came to public prominence in 2013 with the publication of his revolutionary book *The Fast Diet*. Co-written with Mimi Spencer, it promoted a pioneering intermittent fasting scheme known as the 5:2 Diet. The idea was to limit your consumption of food and drink to just 600 calories for two days a week. It proved an absolute game-changer.

Subsequent books, including 2021's *The Fast 800 Keto*, which proposed a low-carb,

ketogenic Mediterranean diet of just 800 calories a day, were also bestsellers.

In one interview, Michael explained to me what had inspired him to write about intermittent fasting. "In 2012, I discovered I had Type 2 diabetes," he said. "My dad died from that. He did a lot of crazy diets and none of them worked. That led me to find out about intermittent fasting."

"Then I made a BBC documentary, *Eat, Fast and Live Longer*, about my search to reverse diabetes, which led to the 5:2 Diet. That propelled me into the limelight. I then produced another BBC documentary, *The Truth About Exercise*, and that was very popular, too. It blew away a lot of myths."

He reflected: "I was extraordinarily lucky to discover that I could reverse my diabetes that way. I could have gone down the same

Pictures: MARTHA SWALES/BBC; GETTY; REX/SHUTTERSTOCK



PRACTISING WHAT HE PREACHED: Dr Mosley and, above, one of his diet books



GALVANISING VIEWERS: The TV star has his oxygen levels measured for his show *The Truth About Exercise*. Left, with wife Claire



encouraging people to take exercise in short, sharp spells. He urged busy people to embrace the concept of "exercise snacking".

He wanted, for instance, to convince them to forego the lift in favour of the stairs. One of Michael's other notable traits was that he would never recommend a treatment he was not prepared to try himself.

For example, he once deliberately ingested a tapeworm to monitor the effect on his body. "It was for a programme on parasites," he told me.

"I tried to infect myself with various parasites. Claire drew the line at pubic lice. She wasn't keen on that one!"

and always eager to pass new ideas on to his vast and responsive audience.

He told me: "The Fast Diet triggered an enormous amount of research. Knowledge about it has increased 1,000-fold in the years since I wrote it. I want to share the latest research and show people whose lives have been transformed by 5:2. Also, since the book was published, a zillion terrible imitations have come out. I'm very happy to talk about the dos and don'ts of the diet."

There was much more to Michael than the 5:2 Diet, however. Always a very innovative thinker, he helped boost the nation's health in myriad other ways, too.

For example, he strongly advocated consuming a lot of fruit and vegetables and reducing our intake of fatty and sugar-rich foods. But Michael, who was married to fellow doctor Claire Bailey for 37 years and had four children, was also keen to highlight the little-known healthy properties of some foods. He revealed to me last year: "I've become a huge fan of beetroot because of the impact it has on your blood pressure. Claire has a really interesting, tasty recipe for beetroot brownies. You would not have bet the beetroot would work in a brownie, but it works brilliantly."

In addition, having studied the ways in which very low temperatures could improve our well-being, Michael recommended that we learn to love the cold. He and Claire became evangelical about the health benefits of cold showers.

Michael told me recently: "We have taken to having cold showers, which is something I don't think either of us would ever have expected. In fact, we were both complaining this morning that the water wasn't cold enough! Even when you have the cold on full, it's still really not that cold."

Michael was anxious to extol the health benefits of deep sleep as well. "It's an obsession of mine," he told me. "There is a big audience out there who are curious about sleep, what goes on during sleep, and how you can improve it. You really can make big changes and drastically improve your health." Another passion of Michael's was

road as my dad did, taking medication and not changing my lifestyle.

"It was a chance finding out that I had diabetes, and I was in a position to go off and make a documentary about it with myself as the subject. Since then the science has just built and built, and the case is now overwhelming. So I feel like I've been riding the wave of a revolution."

Celebrities who've championed the diet include Jennifer Aniston and Kourtney Kardashian. Michael outlined to me why the 5:2 Diet became so astonishingly popular right around the

world. "People didn't know you could diet by doing intermittent fasting," he said. "But the fact that I managed to lose 20lb and reverse diabetes by following the diet was pretty compelling."

"As soon as the book came out, it just took off. It's been a New York Times best-seller, been published in 42 countries and sold three million copies. It continues to resonate."

"It's become an extraordinary phenomenon."

Another of Michael's strongest characteristics was an unwillingness to rest on his laurels.

He was constantly questing to push back the boundaries of scientific knowledge

'I could have gone down the same route as my dad did, taking medication and not changing my lifestyle'

Fugitive whisky baron kept in jail over murder bid and drug charges



Thumbs-up...but Ratajewski has had a second bail bid refused

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DAILY Mirror

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A GUN-toting whisky baron who lived a double life for 20 years has lost a second bid to be freed from jail over fears he will skip the country.

Lucasz Ratajewski, 47, fled Poland 20 years ago after being handed a three-year jail term for possession of a handgun.

He lived a high-flying double life as Dariusz Plazewski, boss of Bimber Distillery, one of London's first producers of English single malt whisky for over 100 years.

He launched this with his partner Ewelina Chrusczyk in 2016 and released a single malt in 2019.

False

He previously worked in property development and construction after settling in London in 2004.

But his past returned to haunt him in January when he was arrested after Polish prosecutors requested his extradition to stand trial for conspiracy to attempt murder and supplying drugs and to serve out the three-year firearms sentence from 2003.

He failed in a bid to be released on bail in February due to the "risk of flight" he posed. Now he has had a second attempt turned down by Mr Justice Fordham at the High Court,

By **Nev Ayling**

despite having previously offered £200,000 as security. Ratajewski was told it was due to the "very real prospect" he would repeat his disappearing act, "obtain a false identity document and build a new beginning from scratch in a completely new country."

The court heard Polish authorities issued an arrest warrant for Ratajewski 20 years ago, but he slipped away under his pseudonym.

He built up his UK whisky business using his knowledge of moonshine production gleaned from his father and grandfather. Bimber recently put into effect plans for a second distillery – Dunphail – in Speyside, Scotland, and employs 40 staff.

After his arrest Ratajewski admitted living under a false identity since arriving in the UK aged 26 but denies the charges against him.

A full extradition hearing is scheduled for September in Westminster.

A statement on Bimber's website after the initial failed bail application said: "Dariusz Plazewski has relinquished all responsibilities for both Bimber and Dunphail Distilleries." It added Ms Chrusczyk and director of whisky creation Matt McKay will now lead the activities of both distilleries.

OAP denies murdering Repair Shop Jay's uncle

A PENSIONER has denied stabbing to death the uncle of The Repair Shop presenter Jay Blades and will now face trial.

Derek Brown, 72, is alleged to have attacked Richard Braithwaite, 73, with a knife after believing he was discarding items in a shared alley outside their homes in Wembley, North London.

Jay, right, known to millions as the star of the hit BBC show, has been left devastated.

Mr Braithwaite was found dead on March 21 close to his home

By **Paul Jeeves** Crime Editor

by wife Annetta, 71, who was later injured after allegedly being attacked by her neighbour.

Brown was arrested a short time later outside Wembley police station, the Old Bailey was told. Yesterday he appeared in court via video link from Belmarsh Jail in London to plead not guilty to murder, wounding with intent and possession of a bladed article in a public place.

A three-week trial was set for January next year.





Non-violence...Lawson

Civil rights champion Lawson dies at 95

By **Christopher Weber**

A CLOSE adviser to Martin Luther King who championed non-violent direct action in the US civil rights movement, has died aged 95.

James Lawson spent three years in India learning about Gandhi's independence movement before he met fellow pastor Dr King in 1957.

Urged by Dr King to put Gandhi's principles into action in America's South, he taught activists in Nashville, Tennessee to withstand brutality from white authorities.

Dr King, assassinated in 1968, called him "the leading theorist and strategist of non-violence in the world".

Mr Lawson, who grew up in Massillon, Ohio, once told how his pacifism began at school, after he told his mother he had hit a boy who had used a racial slur against him, and she asked him: "What good did that do, Jimmy?"

He spent decades as a pastor, labour movement organiser and professor in Los Angeles, where he died on Sunday after a short illness.

PM ring is sold for £9k

By **Imogen Howse**

A PRIME Minister's gold ring dug up in a field has been sold for £9,500.

The seal ring owned by George Grenville – Whig PM from 1763 to 1765 – was unearthed by detectorist Tom Clark in May last year.

Tom, 85, found the ring, which bears local ancestral name Grenvil, near Aylesbury, Bucks.

It is thought Grenville may have given it to son George, the Marquess of Buckingham, who died in 1813. The ring went to a US buyer at London auction house Noonans Mayfair yesterday.

Tom, who splits the cash with the landowner, said: "I'm very pleased."



Sienna's wild times after fame took toll

SIENNA Miller has revealed the pressure of public life with ex Jude Law as she was starting out as an actress led to her hitting the bottle.

The American Sniper and Layer Cake actress, 42, dated actor Jude 20 years ago when he had already found fame in The Talented Mr Ripley.

Seen posing for a woodland photoshoot for Harper's Bazaar UK, the mum of two admits: "At first it was like a game. And then, very quickly, it became insidious and difficult. I was probably drinking too much, medicating in all sorts of ways, because it was jarring and scary."

Sienna also said she's "in heaven" after recently giving birth to a baby girl, whose dad is US actor Oli Green, 27. She told the magazine: "It's been a cathartic, healing experience, which sounds woo-woo, but it's grounded in a way that reflects the life that I want to be living."

By **Chris Riches**

Joking about the 15-year age gap between her and Oli, Sienna admitted: "I didn't expect to take it seriously and then quite quickly, I fell in love. There is a difference in the way that generation of men respect women. They have grown up with a slightly more level playing field."

Sienna also has daughter Marlowe, 12, with The Sandman TV star Tom Sturridge, 38. Her new film, the first of Kevin Costner's four-part Horizon: An American Saga, hits cinemas on June 28.

● **Harper's Bazaar's July/August issue is on sale tomorrow**



Grounded.. Sienna in Harper's photoshoot



Spacey admits sexual touching 'not wanted'

KEVIN Spacey last night admitted he had been "too handsy" including "touching someone sexually" despite them not wanting him to.

The Hollywood star confessed in a TV interview that his behaviour had "pushed boundaries".

Spacey, 64, was accused of sexual misconduct in 2017 but was cleared in a 2022 New York lawsuit, and was acquitted of sexual assault in a London trial last year.

He appeared on Piers Morgan Uncensored on YouTube last night.

When asked about his "bad behaviour", the actor said he had been "pushing the boundaries".

He told the TV host: "Being too handsy, touching someone sexually in a way that I didn't know at the time they didn't want."

Morgan then responded: "Some people would say that is criminal, that if you grope people in a sexual

By **Lucas Hill-Paul**

way against their wishes, that that is a crime."

Spacey, who is also a director and producer, appeared to take issue with the term "grope", labelling it an "odd word".

He went on: "I have caressed people. I have been gentle with people. That is the way that I am."

Pass

"You're making a pass at someone, you don't want to be aggressive. You want to be gentle and you want to see if they're going to respond positively."

Spacey, who won Oscars for The Usual Suspects and American Beauty, said: "So I think the word itself is not a word that I would associate with my experience."

Morgan asked him if all the contact was consensual or an attempt at seduction that was repelled.

Spacey did not answer the question directly.

But he said: "Well, they should let you know they don't want to do it so you can understand it's non-consensual and stop."

In the hour-and-a-half interview Spacey broke down in tears as Morgan asked: "Do you think you would have taken your life?"

Spacey claimed he does not have money to pay his bills and said his home is being repossessed this week as he is crippled with debts from paying his legal fees.

He is due to stand trial in the UK again, possible early next year, over a lawsuit by another man who claims that Spacey sexually assaulted him.

Spacey has denied all allegations.



Tears...Kevin Spacey on YouTube last night

How Turkish dentists are

EXCLUSIVE

**By Jane Warren
in Antalya, Turkey**

WHEN David Brown, 61, accidentally bashed himself in the mouth with a spanner while tightening up a compression joint on his central heating system last year, his lower front tooth snapped off at the gum line. He also had 13 rotten molars that had been troubling him for years.

"Eating was awful, I was constantly trying to get food out of my teeth as I had so many missing fillings," he says. "Punching myself in the mouth was the spur I needed to sort out my teeth."

Unable to find an NHS dentist accepting new patients, the Mancunian builder determined his best option for affordable private treatment was in Turkey.

"Manchester is terrible for dentists now," says David. "They have wiped my entire family off the books, after only doing emergency work during Covid-19."

A private dentist in Manchester quoted £33,000 to fix his teeth – but in Turkey, the same work cost £13,000, including the four-hour flights and full-board accommodation.

"I didn't want a Rylan Clark ultraviolet smile," says David. "I just wanted to fix the broken tooth and look as if I have normal teeth, which now I have got."

Over the course of a week, he had 13 implants, replacing his decayed and broken teeth, as well as six crowns – a system that covers an existing nub of tooth with a gleaming new, ivory-coloured, fake tooth.

"Now I can eat what I want without getting things stuck in them," he says.

During the pandemic, most British dentists were forced to close their doors. Some never opened them again, and this has proved disastrous for the nation's dental health.

Almost 70,000 people were admitted to A&E in 2022-23 with tooth decay.

Government figures from the same period showed a 17 per cent rise in the number of children having rotten teeth removed in hospitals – tooth extractions are now the leading cause of hospital admissions for children aged six to 10 in England.

LAST year, NHS England reported that 25 per cent of UK residents who needed an NHS dental appointment had been unable to get one. And it is estimated that up to 60 per cent of the population haven't had a check-up in the last two years. No wonder then Health Secretary Victoria Atkins has called the pandemic-led outcome "devastating".

Mani Singh, 50, from Wolverhampton, who was forced to go abroad for treatment, says: "I don't think there is a problem with the NHS. I know there is a problem."

He had nine teeth extracted in Turkey in preparation for Nobel Bio Care Implants costing £600 each – less than half the price in the UK. "My teeth were loose and could not be saved, and some had fallen out as I'd not taken much care with eating sweets," he explains. "But no NHS dentist could help me."

In February this year, ministers vowed to get a grip on the escalating situation, with Rishi Sunak unveiling a block-



HUGE DEMAND:
Desperate Britons
queue to register
at a new NHS
dentist in Bristol
in February

**Amid a post-Covid
NHS dentistry
crisis that has left
tens of thousands
of people suffering
without care,
British dental
patients are
increasingly
travelling 2,000
miles in a
desperate bid to
save their smiles**



buster plan to free up millions of NHS appointments.

However, the reality is that recovery in the sector is likely to take years.

An extensive survey by the BBC earlier this year found 90 per cent of NHS dental practices were not accepting new patients. In the meantime, frustrated patients, often in

severe pain, are resorting to extreme, sometimes gruesome measures to find relief.

Istanbul dentist Dr Gulay Akay, 37, who is founder of Turkish dental group Dentakay, says: "We have had patients who have actually pulled out their teeth with shoelaces and pliers, or used glue or putty in their mouths to hold teeth in place. But teeth are not something you can DIY. Some patients use so much alcohol to numb the pain that they become alcoholics."

Others can only eat soft food. Dr Akay tells of one British patient who devised a homemade brace to stop her teeth moving following an accident.

"Teeth should not be in motion," she says. Another patient pulled out their own tooth in the dentist's chair after Dr Akay turned away for a moment after applying local anaesthetic.

"They said they couldn't wait a moment longer," she recalls.

"Because of the problems with the NHS these patients are being forced to live with

serious issues. From a functional and psychological standpoint they are in need of help; when patients lose a lot of teeth that are not replaced, they end up with gastric problems and obesity as they cannot chew their food properly."

Chewing on the jaw, when teeth are missing, also degrades bone.

Some of the patients Dr Akay sees are so desperate to sort out these problems they are prepared to fly 2,000 miles to find available appointments and affordable prices.

Before the pandemic, Dentakay was seeing up to 20 British patients a week. Now it is around 75 – or 500 a month. Many are unable to find an NHS practice and they arrive with two main problems – advanced gum disease and problems with misalignment of the teeth caused by losing teeth when young and not getting treatment.

"This is one of the most saddening things, as the effect on your confidence impacts all areas of life," says Dr Akay.

This was the case for Stefan Hobman, 34, from Barnsley who went to Turkey for two root canals, one extraction, four implants

GETTING HIS SMILE BACK:
Stefan Hobman, 34, has had
four implants and 22 crowns



BEFORE

AFTER

filling the rotten NHS gap



STATE OF THE ART: A Dentakay suite. Right, Jane Warren during her visit and, inset below, dentist Dr Gulay Akay



'WHEN IT COMES TO BRIDGING THE GAP, I CAN'T FAULT MY EXPERIENCE'

THE marble atrium with its fruit mocktail bar, sweeping staircase and liveried staff feels like the lobby of a five-star hotel, writes Jane Warren. I am one of the first patients to try out Dentakay's newly opened high-spec clinic in Antalya, on Turkey's Mediterranean coast, where 10 treatment rooms with curving walls of glass transform from clear to opaque at the touch of a button.

After a tomographic 4D scan of my head, I lay back in the massage chair while my teeth are meticulously polished. But the scan has revealed a problem. When a molar cracked two years ago due to the presence of a large, old amalgam filling, I had it removed by my NHS dentist, who went private shortly afterwards. I was left with no dentist and a gap in my mouth.

My new Turkish dentist explains that if I don't fill the gap – with a bridge or implant – my teeth will start moving and gaps will appear.

Next thing I know, I am being whisked off to one of two underground surgical suites, where a wall of plants behind plate-glass creates a feeling of psychological calm. Twenty minutes later I have been fitted with stage one of an implant and invited to use the noise-cancelling meditation room to relax after my treatment. Provided with painkillers and antibiotics, it's the most relaxing dental experience and I'll be back in August for stage two when the crown is fitted to the implanted peg of my new Turkish tooth.

● Jane Warren was a guest of Dentakay.com



TEETH TRANSFORMED: Martin Barrett, 64

changing." Half of Dentakay's patients are now from the UK, and demand is so great that the company has opened two more state-of-the-art clinics in Istanbul, catering to hordes of desperate Britons prepared to spend four hours on a plane to see an affordable dentist.

It has just opened its fourth Turkish clinic in Antalya.

"We observed the reactions British patients were having to our approach and decided post-Covid to expand," says Dr Akay, who was recently invited to Brussels to discuss patient safety in medical tourism, which is a market worth an estimated £60billion a year globally.

IN RECENT years, the rise of the so-called "Turkey teeth" phenomenon – where consumers in search of a "Hollywood" smile choose to have healthy teeth ground into pegs that can accept bright white crowns – has attracted controversy.

Dentakay has been independently verified to be on a par with the standards required of the Quality Care Commission and is attracting patients unable to find an NHS dentist or to afford private treatment in Britain, rather than those seeking unnecessary cosmetic procedures.

Many choose Dentakay's pre-trip Q&A session with a clinician in London to discuss their treatment options – which offers additional reassurance given the distances involved.

Martin Barrett, 64, an inventor who lives in North Wales and whose front teeth were knocked out at the age of 20, says: "Seeing a dentist long distance you've no idea what problems will crop up, so it was reassuring to talk to someone in the UK before flying out here.

"I had crowns but after 40 years they were wearing out and my gums had recessed, leading to discomfort at the base of the

crowns. Also, I had to brush my teeth every time I ate. My teeth have been a long-term irritation."

Although he managed to make an NHS appointment, this was cancelled three times.

"On the fourth cancellation I was told I would have to go private at a cost of £17,000," he says.

He spent a week in Turkey for treatment costing £7,500, including travel and accommodation.

As for David Brown, he is happy to have found a dentist he trusts – albeit one in Turkey.

"I'm not going to look for one on the NHS any more," he says.

"I can get to Turkey on a cheap flight for £100 return, walk into the clinic and get it sorted there and then.

"I'll be coming back to Turkey every year for a check-up. My wife wants to join me next time – after all, it's a holiday and a medical appointment rolled into one."

'After my fourth NHS appointment was cancelled, I was told I'd have to go private at a cost of £17k'

30-SECOND CHALLENGE

JUST follow the instructions from left to right, starting with the number given to reach an answer at the end of the row. Set your own 30-second challenge. For the very young or arithmetically rusty, you have 30

seconds for the BEGINNER task. For a greater challenge, try BEGINNER and INTERMEDIATE in 30 seconds. True mental gymnasts should try INTERMEDIATE and ADVANCED in 30 seconds together.

Today's answers can be found in the puzzles pullout

YOUR ANSWERS

Beginner	30	÷5	+5	x7	+4	TAKE THE SQUARE ROOT	-5	x8	-27	
Intermediate	281	+74	80% OF THIS	+34	5/6 OF THIS	-89	3/4 OF THIS	+143	÷11	
Advanced	23	+257	INCREASE BY 80%	REVERSE THE DIGITS	-76	6/7 OF THIS	+367	7/11 OF THIS	-52	

THE NATIONAL LOTTERY

TUESDAY, JUNE 11
EUROMILLIONS 7 15 34 45 48 7 9
THUNDERBALL 6 12 21 35 38 13

MONDAY, JUNE 10
SET FOR LIFE 28 30 31 32 42 10

THE HEALTH LOTTERY

TUESDAY, JUNE 11
7 16 26 28 30 20

SATURDAY, JUNE 8
LOTTERY 3 7 10 23 24 41 59
THUNDERBALL 8 15 17 25 27 6

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PHONE POLL RESULTS

We asked in our poll on Monday:
Should Nigel Farage apologise for his attack on Mr Sunak?

YES: 36%
NO: 64%

DO YOU HAVE A STORY OR A PHOTO?

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SUDOKU

Fill in all the squares so that each row, each column, and each 3x3 square contain all the digits from 1 to 9

		2			4			8
	1	8		6		4	3	
4		9	1				2	
	8		4		6			3
3		6				5		7
9			8		5		4	
	6				1	9		4
	9	4		5		8		
1		5				3		2

This is the Quick Sudoku for the solver in a hurry. For today's solution call: **09071 812 571** (Calls cost 80p per minute plus your telephone company's network access charge)

For extra clues call: **09013 225 602** (Calls cost 75p plus your telephone company's network access charge)

MORE PUZZLES - PULLOUT YESTERDAY'S SOLUTION

3	7	8	4	1	9	6	5	2
6	2	5	8	7	3	1	4	9
4	9	1	6	5	2	3	7	8
8	6	4	7	9	5	2	1	3
2	1	7	3	6	8	5	9	4
9	5	3	2	4	1	8	6	7
5	4	2	1	3	7	9	8	6
7	8	9	5	2	6	4	3	1
1	3	6	9	8	4	7	2	5

Picture: DANNY LAWSON/PA

Oarsome... Gordon McMinn in Standedge Tunnel; inset its Marsden entrance

Can you canoe under the Pennines?...Yes!

By **Dave Higgins**

WATERSPORTS fans can splash out on a rare chance to paddle under the Pennines, with the launch of canoe trips down the longest canal trips along the 3.5-mile, 200-year-old Standedge Tunnel that links Marsden, West Yorks, to Diggle in Greater Manchester. The passage took more than 17 years to be dug out and was finished in 1811. Some 645ft above sea level, it is also the highest tunnel as well as the deepest at 638ft underground. The two-hour one-way trips this month, July and August cost £100 for two in a provided tandem canoe or £55 solo. Money raised will help the trust maintain its 2,000 miles of canals. Tours will be led by instructor Gordon McMinn, who said: "This is a once-in-a-lifetime, bucket list opportunity for keen canoeists to paddle through this magnificent tunnel." Full details at canalrivertrust.org.uk.

Your Money

Edited by Harvey Jones
email: harveyjones@reachplc.com

Picture: GETTY



STEER WAY TO HEAVEN: Driving around sunny spots is cheaper thanks to reduced rental tariffs

Price is right on holiday car hire as the cost sinks lower

EVERY year millions of Britons hire cars for their summer holidays and there is good news this year as rental prices have gone sharply into reverse.

Prices accelerated following the pandemic but the cost of hiring a family compact car such as a VW Golf has fallen 27 per cent in a year, from £520 to just £380 a week on average.

That is 42 per cent cheaper than in 2022 when prices averaged £652.

How much you pay depends on factors such as the car you choose and your destination, with Australia being the cheapest place for rentals at £297 a week, according to the research from iCarhireinsurance.com. Hotspot Spain is close behind at £306 a week.

Turkey is also cheap at £360 a week while Florida costs only slightly more at £362.

UK rentals average £366 while Italy (£446), Switzerland (£460) and France

(£523) are at the pricier end of the scale.

However, iCarhireinsurance director Ben Woollorton warned extras at the car rental desk can really drive up the bill, notably car hire excess protection, often referred to as theft and collision damage cover.

Without this, you could be liable to pay up to £2,000 if the car is stolen or damaged, but cover is expensive costing £168 per week on average.

Tyre and windscreen excess cover typically add another £33, an extra driver costs £64, while a satnav costs £71 and a child's seat £67.

"If all extras are selected, it would cost £403 in total, pushing the price to £783 on average for a week's hire."

Woollorton advised "Bring your satnav and child car seats with you and consider buying car hire excess insurance from a specialist insurance provider before your travel."

Cut inheritance tax exposure in case Keir wins

INHERITANCE tax (IHT) bills are already at an all-time high and with Labour apparently on course to win the election experts are urging people to make plans to reduce their exposure today.

We may have a better idea of what Keir Starmer and Shadow Chancellor Rachel Reeves will do when Labour publishes its manifesto tomorrow, but experts are already warning that there is no time to lose.

The basic £325,000 IHT allowance was set in 2009 and Conservative Chancellor Jeremy Hunt has frozen this until 2028, dragging more people into the net as stock markets and house prices grow in value.

People can also pass on another £175,000 free of IHT under the main residence allowance, which applies when passing a family home to direct descendants. This is only available for estates under £2million. Any assets above that – aside from your pension – are taxed at 40 per cent.

Married couples and civil partners can inherit each other's

By **Harvey Jones**

allowances, allowing them to leave up to £1million tax-free.

Many further reduce their exposure by making gifts to loved ones, taking advantage of a number of allowances. However, Reeves has previously mooted charging IHT on "any gifts" made during your lifetime, which would be a major blow.

Accountants are urging families to make gifts sooner rather than later, just in case Reeves does change the rules in an emergency Budget after the election, or in the Autumn Statement, usually in November.

Under current rules, gifts are completely free of IHT if you live for another seven years after making them, known as potentially exempt transfers.

However, the tax charge reduces on a sliding scale known as taper relief, falling as low as 8 per cent after six years.

A range of gift allowances offer instant exemption but they have been frozen for years reducing their value in real terms, said Shaun Moore, tax

and financial planning expert at Quilter: "Gifting allowances have been stuck in time for decades and need to be looked at as a matter of urgency."

Today you can gift £3,000 to anybody you choose, with instant IHT exemption. Couples could therefore gift £6,000. If you did not use last year's gift allowance, you could give £6,000 in total (rising to £12,000 for couples). Plus you can make a limitless number of smaller £250 gifts to other people.

Laura Suter, head of personal finance at AJ Bell, said everyone can also make IHT-free gifts when loved ones marry: "These are up to £5,000 for a child, £2,500 for a grandchild and £1,000 for anyone else."

In a little-known exemption, gifts paid out of surplus income, which are not deemed to affect your standard of living, are IHT free. But the gifts cannot come from capital.

Suter warned: "Planning tax can be difficult when we do not know what the new government will do as yet, but it is worth being prepared."

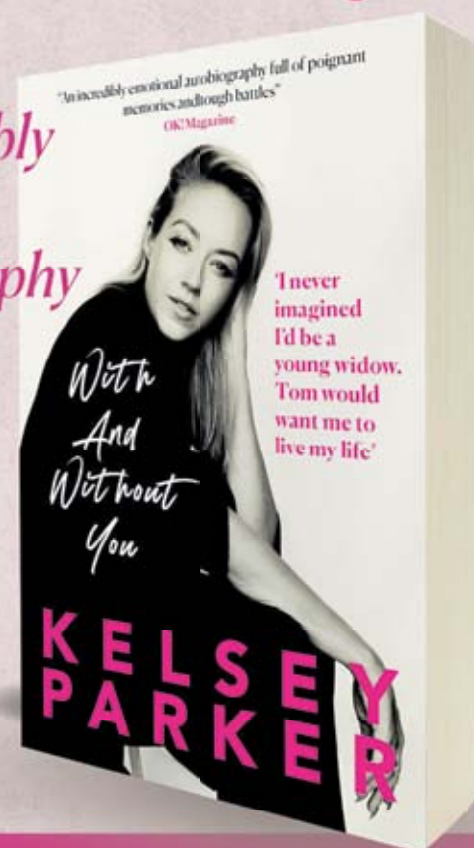
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Battleground on pensions

THE state pension is the bedrock of most people's income in retirement, yet it may be even more valuable than people realise.

While the new state pension only pays a maximum of £11,502 a year – and many on the basic state pension get much less – it would be hard to replicate this from your resources.

A pensioner who uses their combined pension pots to buy an annuity at retirement would need a staggering £223,434 in savings to generate the same level of income, according to new research from fund

By **Harvey Jones**

manager Fidelity. In fact they would need even more than that because people typically buy an annuity with the money that remains after taking their 25 per cent tax-free cash.

Someone who did that would need a pension of £297,912 to replace a £11,502 state pension. Yet the average saver aged between 55 and 64 has only £107,300 in pensions, according to the Office for National Statistics, leaving them way short.

Given its importance, it is hardly

Picture: PA



PLEDGE: PM Rishi Sunak

surprising the state pension was an early battleground in the general election, with both Conservatives and Labour pledging to maintain the triple lock guarantee if they win, said Ed Monk, associate director at Fidelity International: "Whichever party wins, the state pension is due to rise by the triple lock over the life of the next Parliament. That will only add to its importance to the finances of retired people – it is already very important."

The triple lock lifts the state pension each year by inflation, earnings or 2.5 per cent, whichever is highest.

It gave 12.5 million state pensioners a bumper increase of 10.1 per cent in April 2023, based on inflation, and another 8.3 per cent this year, based on earnings. Now PM Rishi Sunak has gone a step further by pledging to increase the personal allowance for pensioners using the same mechanism.

Currently, the personal allowance has been frozen at £12,570 until 2028. This is only £1,068 higher than today's maximum new state pension.

The state pension only needs to increase by 5 per cent a year in 2025 and 2026 to exceed the personal

allowance and become taxable. As yet, we do not know what the Labour Party would do if the state pension exceeds the personal allowance. What we do know is that life without the state pension would be unthinkable for millions.

Monk said the reason the state pension would cost so much to replace from your own pocket is that it is both guaranteed and protected against inflation: "These two things are precious and difficult to replicate."

Given how valuable the state pension is, make sure you qualify for the full amount, Monk said. To get the full new state pension you need to have made 35 complete years of NI contributions: "Those working as employees are likely to have NI taken automatically from their pay, while self-employed people with earnings above a certain level will pay their contributions via self-assessment."

Check your NI record online at gov.uk/check-state-pension. If you have gaps, you may be able to fill them with NI credits. "Otherwise, you could pay voluntary NI contributions to fill them," Monk added.

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BRITISH luxury boat maker Oyster Yachts has the wind in its sails as a new breed of adventurer discovers the seductive sleek beauty of its vessels, their exhilarating agility and the support of Oyster's global service network ensuring comfort and safety.

Known for supreme craftsmanship combining traditional skills and advanced technology, the company's hand-built cruisers are the blue water sailing kind, able to go anywhere and withstand the elements' sternest tests.

Growing awareness of climate change has also boosted interest in the brand's wind-power credentials.

"By its nature Oyster is sustainable and we are committed to becoming the world's most sustainable yacht business. By 2030 we are aiming to introduce an entirely self-sufficient yacht, including hybrid propulsion with solar power," explains chief executive Ashley Highfield.

Unique features such as its signature deck saloon, which creates a lighter interior so sea-scapes unfold through triple windows, have long made Oyster a favourite.

Like many of its parts, manufacture of the range of 50ft to 90ft craft (from £1.5 million to £9million) is done in the UK – 90,000 hours goes into building each

Oyster is your world



Maisha Frost

90ft flagship. Supporting 500 skilled jobs, operations across Oyster's three sites – Saxon Wharf and Hythe Marine Park in Southampton and Wroxham in Norfolk – are expanding. A foundation for the next generation is also being laid with the company's apprenticeship academy.

Latest results testify to Oyster's buoyancy with growth increasing 29 per cent year-on-year, a £56.4million turnover for 2022/23 and an in-profit forecast for this year.

That achievement is even more striking given the 51-year-old company's recent history – because in 2018 it was heading for the rocks.

Rescue came in the shape of tech entrepreneur Richard Hadida who stepped in to guarantee its future, committing a further



BUOYANT: The new Oyster 495. Below, Ashley Highfield

£14.5million investment in a five-year turnaround plan.

22 yachts were launched in 2022 and now the company is shipshape technologically and will soon release an app so owners have real time access to their yachts' systems with easy contact to customer care and the wider Oyster community. Development of its Mediterranean service centre in Palma is also under way.

For many regatta allure is strong and the experience of being part of the biannual Oyster World Rally, a 16-month circumnavigation of the

oceans over 27,000 nautical miles, is a pearl beyond price. 2026/27 is fully booked so 2028 is the current option.

"The pandemic increased the sense of 'carpe diem'. We're seeing a new generation of more adventurous customers, for example tech or sports entrepreneurs, who may never have sailed before. Many want post-hand over services to accompany their sailing journey," explains Highfield.

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Savings

EASY ACCESS

Provider	Account	Term or Notice	Min	AER	Interest Paid
cahoot	Sunny Day Saver (1)	None	£1	5.20%	Yearly
Ulster Bank	Loyalty Saver	None	£5,000	5.20%	Yearly
Chase	Chase Saver Boosted Rate	None	£1	5.10% A	Monthly
Oxbury Bank	Easy Access Ltd Edition 1	None	£20,000	5.02%	Monthly

SHORT TERM FIXED RATES

Provider	Account	Term or Notice	Min	AER	Interest Paid
Ziraat Bank	Raisin UK - Fixed Deposit	1 Yr Bnd	£1,000	5.21% F	On Maturity
Al Rayan Bank B	Fixed Term Deposit	12 Mth Bnd	£5,000	5.20% F	Quarterly
National Bank of Egypt (UK) Ltd	Raisin UK - Fixed Deposit	1 Yr Bnd	£10,000	5.18% F	On Maturity
Family Building Society	Fixed Rate Bond (47)	1 Yr Bnd	£20,000	5.17% F	Yearly

LONG TERM FIXED RATES

Provider	Account	Term or Notice	Min	AER	Interest Paid
Isbank	Raisin UK - Fixed Deposit	4 Yr Bnd	£1,000	4.75% F	Yearly
Atom Bank	5 Year Fixed Saver	5 Yr Bnd	£50	4.60% F	Yearly
Vanquis Bank	Vanquis Bank Savings	4 Yr Bnd	£1,000	4.60% F	Yearly
Hodge Bank	5 Year Fixed Rate Bond	5 Yr Bnd	£1,000	4.58% F	Yearly

NOTICE ACCOUNTS

Provider	Account	Term or Notice	Min	AER	Interest Paid
Monument Bank	60 Day Notice Account	60 Day	£25,000	5.27%	Monthly
Vanquis Bank	90 Day Notice Account (5)	90 Day	£1,000	5.25%	Yearly
Hinckley & Rugby BS	180 Day Notice	180 Day	£2,500	5.25%	Yearly
Investec Bank plc	90-Day Notice Saver	90 Day	£5,000	5.25%	Monthly

VARIABLE ISAs

Provider	Account	Term or Notice	Min	AER	Interest Paid
Plum	Plum Cash ISA	None	£100	5.17% A	Monthly
Chip	Chip Cash ISA (by ClearBank)	None	£1	5.10%	Monthly
West Brom BS	WebSave Notice ISA (2)	60 Day	£1	5.10%	Yearly
Zopa	Smart ISA - Access ISA pot	None	£1	5.08% A	Monthly

Mortgages

FIRST TIME BUYERS

Provider	Initial Rate	Period	Max LTV	Fee	Redemption Charge
Hanley Economic BS	5.32% F	for 2 years	95%	Nil	1st 2 yrs
Hanley Economic BS	5.59% D	for 2 years	95%	Nil	1st 2 yrs
The Co-operative Bank	5.16% F	to 30.9.29	95%	£999	To 30.9.29
Cumberland BS	5.23% F	to 1.8.29	95%	Nil	To 1.8.29

SHORT TERM FIXED RATES

Provider	Initial Rate	Period	Max LTV	Fee	Redemption Charge
first direct	4.83%	for 2 years	60%	£490	1st 2 yrs
first direct	5.23%	for 2 years	90%	£490	1st 2 yrs
The Co-operative Bank	4.99%	to 30.9.27	75%	Nil	To 30.9.27
first direct	5.18%	for 3 years	90%	£490	1st 3 yrs

LONG TERM FIXED RATES

Provider	Initial Rate	Period	Max LTV	Fee	Redemption Charge
Santander	4.28%	to 2.11.29	60%	£999	To 2.11.29
Barclays Mortgage	4.53%	to 30.9.29	75%	£899	To 30.9.29
first direct	4.78%	for 5 years	90%	£490	1st 5 yrs
first direct	4.64%	for 10 years	75%	£490	1st 10 yrs

DISCOUNTED VARIABLE RATES

Provider	Initial Rate	Period	Max LTV	Fee	Redemption Charge
Loughborough BS	5.45%	for 2 years	90%	Nil	1st 2 yrs
Tipton & Coseley BS	5.69%	to 31.8.26	85%	Nil	To 31.8.26
Newbury BS	4.99%	for 3 years	75%	£850	1st 3 yrs
Earl Shilton BS	6.54%	for 5 years	90%	£724	1st 5 yrs

REMORTGAGES

Provider	Initial Rate	Period	Max LTV	Fee	Redemption Charge
first direct	4.83% F	for 2 years	60%	£490	1st 2yrs
Hanley Economic BS	4.75% F	for 2 years	80%	£1,000	1st 2yrs
first direct	4.63%	for 5 years	75%	£490	1st 5 yrs
The Co-operative Bank	5.02% F	to 30.9.29	90%	£999	To 30.9.29

Personal Finance

BALANCE TRANSFER CREDIT CARDS

Provider	Product Name	0% Period	Fee	APR
Tesco Bank	Clubcard Credit Card BT MC	29 mths	3.49%	24.9%
Virgin Money	28 Mth Bal Transfer CC MC	28 mths	3.25%	24.9%
Barclaycard	Platinum 28 Mth BT Visa	28 mths	3.45%	24.9%
Lloyds Bank	Platinum 0% BT CC MC	27 mths	3.20%	24.9%

PURCHASE CREDIT CARDS

Provider	Product Name	0% Period	APR
Barclaycard	Platinum All-Rounder Visa	21 mths	24.9%
Sainsbury's Bank	Dual 20 Month CC MC	20 mths	23.9%
Lloyds Bank	Plat 0% Purch & BT CC MC	20 mths	24.9%
Natwest	Purch & BT Credit Card MC	19 mths	24.9%

PERSONAL LOANS - BASED ON £10,000 OVER 5 YEARS

Provider	APR	Monthly Repayment	Total Amount Repayable
TSB	5.9%	£192.15	£11,529.00
M&S Bank	6.2%	£193.47	£11,608.20
Santander	6.2%	£193.47	£11,608.20
Sainsbury's Bank	6.4%	£194.35	£11,661.00

CURRENT ACCOUNTS WITH CREDIT INTEREST OR REWARD

Provider	Account	AER or Amount Paid
Halifax	Reward Current Account	£5 pm C
TSB	Spend & Save Plus	£5 pm
Nationwide BS	FlexDirect	5.00% A
Kroo Bank Ltd	Current Account	4.35%



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SEPTEMBER 2024

- Tue 3 **Embark your adults-only ship and depart Southampton**
- Mon 9 **St. John's, Newfoundland, Canada**
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- Wed 11 **Îles-de-la-Madeleine, Canada**
- Sat 14 - **Boston, Massachusetts, USA (overnight)**
- Sun 15 Boston, steeped in rich history and pulsing with modern energy, stands as a beacon of American culture on the eastern seaboard. From its cobblestone streets to its towering skyscrapers, the city offers a captivating blend of old-world charm and contemporary allure. As the birthplace of the American Revolution, Boston's Freedom Trail winds through iconic landmarks like the Paul Revere House and Faneuil Hall
- Tue 17 **Newport, Rhode Island, USA**
- Wed 18 - **New York City, USA (two-night stay)**
- Fri 20 From the iconic skyline adorned with skyscrapers to the bustling streets alive with diversity and culture, every corner of this metropolis tells a story. Home to Broadway, Central Park and the Statue of Liberty, New York is a melting pot of art, history and



innovation. Its neighbourhoods, from the trendy boutiques of SoHo to the historic charm of Greenwich Village, offer endless exploration

- Sun 22 **Portland, Maine**
- Tue 24 - **St. John, New Brunswick, Canada (overnight)**
- Wed 25 Saint John is a city on the Bay of Fundy, in New Brunswick, Canada. It's known for the Reversing Rapids, a phenomenon caused by bay tides colliding with the Saint John River. Food and craft stalls fill the Saint John City Market. On a peninsula nearby, trails wind through Irving Nature Park's salt marshes, volcanic rock and forests

- Thu 26 **Halifax, Nova Scotia, Canada**
Halifax, Gateway to Atlantic Canada, is the capital region of Nova Scotia and is a lively and colourful combination of urban and rural living at its best. The historic downtown waterfront areas of Halifax and Dartmouth are perfect for discovering on foot



- Fri 27 **Sydney, Nova Scotia, Canada**

OCTOBER 2024

- Thu 3 **Arrive in Southampton**

Dates not mentioned are spent relaxing at sea

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A classic killer episode

JUST so you know, I'm about to do something you're not meant to do if you're writing a preview of a murder mystery. Namely, I'm about to tell you who gets murdered in the episode being shown tonight, along with when and how.

I may even tell you who the murderer is. I haven't decided yet.

The reason I can do this with a clear conscience is that the episode I'm referring to, which goes out at 10.20pm on BBC Four, was first shown in January 2014 – yes, 10 whole years ago – so there's every chance you'll be familiar with it. Even if you're not, you'll probably



Mike Ward
previews
tonight's TV

still know what happens, assuming that you're acquainted with the series in question, which is **DEATH IN PARADISE**.

That's because it's episode one of series three: the one in which, four minutes into the story, Ben Miller is found fatally stabbed with an ice pick. Well, OK, not Miller himself (there's commitment to one's art

and there's just plain madness), but the policeman that he'd been playing since this series began, DI Richard Poole.

And they're repeating this episode because? Because this summer the BBC is, to quote the accompanying press release, "delving into six decades of the best detective and crime dramas".

Or, to put it another way, dusting off a load of old cop shows.

Which is fine by me, because although many of them are already available on the iPlayer if I could be bothered to seek them out, the fact is that it rarely occurs to me to do so.

Others we'll be treated to in the

coming weeks include Happy Valley, Jonathan Creek, New Tricks, Luther, Life On Mars (still my favourite), Line Of Duty, Dalziel And Pascoe, Sherlock, Shetland and Campion (a series from the Eighties which starred Peter Davison, not to be confused with Champion The Wonder Horse, a series from the Fifties which starred a horse).

Also, before a lot of these repeats, there'll be a newly made, 15-minute introduction, featuring insights and recollections from people involved in making these shows. Tonight it's **DON WARRINGTON AND TONY JORDAN REMEMBER... DEATH**

IN PARADISE (10pm), the former being the chap who plays Commissioner Selwyn Patterson, the latter being one of the executive producers.

The episode itself, of course, is also where we first meet DI Humphrey Goodman (Kris Marshall), who flies in to investigate this shocking crime. It's just a fleeting visit, of course. He'll be gone in a matter of days. One thousand, one hundred and twenty-two days, to be precise.

Oh, and Miller's killer? Turns out it's that person who used to be in that other show.

Sorry, I hope that hasn't spoilt it for you.

PICKS OF THE DAY



DIY: The Repair Shop, BBC1, 8pm

In a show that takes the "make do and mend" ethos to a new stratosphere, Tim Gunn meets Sharon (left, with Gunn and Jay Blades) from Swindon who brings in a BMX bike belonging to husband Dave who can no longer ride due to a Chiari malformation. Barbara and Stefan from Holloway Fire Station bring in a painting depicting a fire with three bold yellow-helmeted firefighters in the foreground that needs some attention after years of being hung outside and Ceri from Cardiff asks for help restoring an authentic gown that once belonged to drag performer Danny La Rue. Brothers Nick and Chris from Suffolk bring in a dynamometer with hope horologist Steven Fletcher can revive it.



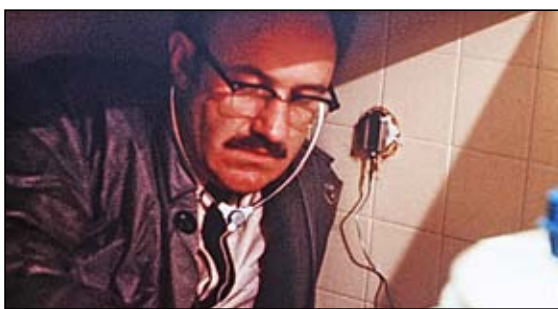
Documentary: The Fall: Skydive Murder Plot, C4, 9pm

Emile Cilliers was convicted in 2018 of the attempted murder of his wife Victoria (left). She miraculously survived a catastrophic skydiving accident, but refused to testify against her husband in court, even though he'd tried to kill her. Twice. Tonight, Victoria Cilliers, in her first in-depth TV interview, describes her recollection of the traumatic parachute jump and how she began to question elements of her marriage.



Politics: The Leadership Interviews: Rishi Sunak – Tonight, ITV1, 7pm

Paul Brand interviews Prime Minister Rishi Sunak (above), and investigates whether he has the plan and personality to win, or is he leading the Tories to their worst defeat in decades? As Sunak takes his case to the voters, Tonight explores his life, politics and policies, speaking to those who know him best, those who witnessed his rapid rise to power.



Film: The Conversation, BBC2, 11.30pm

Classic psychological thriller starring Gene Hackman (above). Harry Caul is an industrial spy for hire. He is also an intensely neurotic man, obsessed by his work and his own privacy. Following a particularly difficult surveillance job in San Francisco, he believes a young couple are about to be murdered. Gradually Caul becomes embroiled in a mystery even more complex and dangerous than he anticipates.

War: Rise Of The Nazis: The Manhunt, BBC4, 9pm

The return of the documentary, picking up in the aftermath of the Second World War, when the Allies uncovered the scale of the Holocaust. Preparations began for a trial at Nuremberg, where 22 of the highest-ranking Nazis, including Hermann Goering (Mindaugas Capas, right), were to face charges of war crimes and crimes against humanity. But not all the highest-ranking Nazis had been captured, and the job of tracking the rest of them down fell to Allied soldiers.



DID YOU KNOW? Rishi Sunak is a fan of Southampton FC. He was asked what his ideal job would be away from politics and said if he could "run Southampton Football Club" he would be a "very happy man".

HELEN LEDERER

NOT THAT I'M BITTER

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Stephen Fry

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Today's TV previews are on the previous page

All programmes are listed in British Summer Time (BST).

film ratings

★★★★★ Brilliant

★★★★ Very Good

★★★ Good

★★ Average

★ Bad

(R) Repeat

BBC One	
6.00am	Breakfast News headlines.
9.30	Morning Live Magazine.
10.45	Scam Interceptors
11.15	Homes Under the Hammer Properties in Dorset and a missing toilet in Cumbria. (R)
12.15pm	Bargain Hunt From the Kent County Showground in Detling. (R)
1.00	BBC News at One; Weather
1.35	Regional News; Weather
1.45	BBC News at One; Weather
2.00	Rip Off Britain Advice on consumer rights. (R)
2.30	Animal Park The park says goodbye to Sonia the Hippopotamus. (R)
3.00	Escape to the Country Briony May Williams helps a couple find a home in Suffolk. (R)
3.45	Garden Rescue The team head to Wilmslow to help Adam and Lauren. (R)
4.30	The Finish Line Quiz show.
5.15	Pointless Quiz show, with co-host Lucy Porter. (R)
6.00	BBC News at Six; Weather
6.30	Regional News; Weather
6.55	Party Election Broadcast (R)



8pm, **THE REPAIR SHOP:** Jay, Sharon and Tim

BBC Two	
6.30am	Homes Under the Hammer (R)
7.30	Clive Myrie's Caribbean Adventure The newsreader explores Trinidad. (R)
8.00	Sign Zone: Rick Stein's Food Stories (R)
8.30	Sign Zone: Great British Railway Journeys (R)
9.00	BBC News Headlines.
12.15pm	Politics Live
1.00	Impossible Quiz. (R)
1.45	Mastermind (R)
2.15	Five Bedrooms (R)
3.00	Stanley Tucci: Searching for Italy (R)
3.45	The Farmers' Country Showdown In Devon. (R)
4.15	Big Cats About the House An injured cheetah needs Giles's help. Last in series. (R)
5.15	Flog It! From Birmingham. (R)
6.00	Richard Osman's House of Games Kevin Eldon, Sarah Keyworth, Laila Rouass and John Whaite take part. (R)
6.30	Clive Myrie's Caribbean Adventure Clive travels to the Dominican Republic's capital city, Santo Domingo.



9pm, **THE MISADVENTURES OF...:** Romesh Ranganathan

ITV1	
6.00am	Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.00	Lorraine Entertainment and the latest fashion news.
10.00	This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
12.30pm	Loose Women Celebrity interviews and topical debate.
1.30	ITV News; Weather
1.55	Regional News; Weather
2.00	Dickinson's Real Deal David Dickinson and his team travel to Cheltenham. (R)
3.00	Lingo Laura and Kirsty, Iqra and Rhaina, and Lydia and Celeste compete. (R)
3.59	Regional Weather
4.00	Tipping Point Quiz show, hosted by Ben Shephard. (R)
5.00	The Chase Bradley Walsh hosts as Mike, Abby, Kelly and Amit work as a team to take on one of the Chasers. (R)
6.00	Regional News; Weather
6.20	Party Election Broadcast
6.30	ITV Evening News



8pm, **CORONATION STREET:** Toyah

Channel 4	
6.30am	Cheers Double bill. (R)
7.20	Everybody Loves Raymond Four episodes. (R)
9.10	Frasier Four episodes. (R)
11.10	Ramsay's Kitchen Nightmares USA (R)
12.05pm	Channel 4 News
12.10	Ramsay's Kitchen Nightmares USA (R)
1.10	Car S.O.S Fuzz Townshend and Tim Shaw restore a Vauxhall Astra. (R)
2.10	Countdown With Sam Quek.
3.00	A Place in the Sun Double bill. Jasmine Harman is house-hunting in and around the southern Costa Blanca; Ben Hillman helps Tom from Scotland find a holiday home on Gran Canaria.
5.00	Sun, Sea and Selling Houses Mother-and-son team Sharon and Shaun help Chrissy find a holiday home.
6.00	Four in a Bed Graham and Emma host at Cobblehouse Country Cabins in Turriff, Aberdeenshire. (R)
6.30	The Simpsons Otto breaks up with his new bride. (R)



4pm, **A PLACE IN THE SUN:** Ben Hillman

Channel 5	
6.00am	Milkshake! Children's TV.
9.15	Jeremy Vine Discussion.
11.15	Storm Huntley Debate.
12.45pm	Friends Double bill. Rachel reveals the identity of the father of her baby; Ross and Rachel argue. (R)
1.40	5 News at Lunchtime
1.45	Home and Away Eden answers the phone to a distressed Imogen in the wake of Levi's affair bombshell. (R)
2.15	FLM Blood in the Water (2024, 12) Premiere. A young lawyer travels to collect her sister's body after her sudden death, and soon becomes suspicious of foul play. Thriller, with Lindsey Dresbach. ★★★★★
4.00	Bargain-Loving Brits in the Sun Paula and her team have reason to celebrate. (R)
5.00	5 News at 5 Headlines.
6.00	Party Election Broadcast By the Liberal Democrats.
6.05	Police Interceptors A dangerous driver leads the team on a white-knuckle ride across Nottinghamshire (R) Followed by 5 News Update



8pm, **THE MOTORWAY:** Ian

7	7.00 The Panorama Interviews with Nick Robinson With Rhun ap Iorwerth, Party Leader of Plaid Cymru, ahead of the General Election. 7.30 EastEnders Linda prepares for Keanu's funeral and Sharon finally tells Albie about Keanu.	7.00 The One Show Alex Jones and Jermaine Jenas present the magazine show. 7.30 Grand Tours of Scotland's Rivers Seasoned traveller Paul Murton sets off downstream to explore various rivers in Scotland. (R)	7.00 The Leadership Interviews: Rishi Sunak – Tonight Paul Brand interviews Prime Minister Rishi Sunak. 7.30 Emmerdale Belle tries to convince herself that everything is going to be okay, while Ruby vows to turn herself in.	7.00 Channel 4 News A round-up of all the latest headlines, interviews and analysis of political developments and current affairs. Plus, the day's sports stories and weather. 7.55 Party Election Broadcast By the Green Party.	7.00 The Motorway Hotel Wedding coordinator Emily and operations manager Ness head to the local wedding fair to try to sell the charms of a hotel next to the M6 to dozens of brides and grooms-to-be; 5 News Update
8	8.00 The Repair Shop Tim Gunn meets Sharon from Swindon, who brings in a BMX bike belonging to her husband Dave. Ceri from Cardiff asks for help restoring an authentic gown that once belonged to drag performer Danny LaRue.	8.00 Springwatch Chris Packham and Michaela Strachan begin the deliberation of which nests will fledge before the end of the series, while lolo Williams takes a dive into the secret lives of little owls and little terns on the Dorset coast.	8.00 Coronation Street Toyah receives frightening news about Leanne, Summer arrives home with a new boyfriend to show off, the Websters' fortunes finally improve, and Michael orders George to respect Glenda.	8.00 Location, Location, Location The duo catch up with past house-hunters who wanted to make the switch from London to family life. Cara and Ben needed more space, while Tom and Kaitlyn wanted to find their own pad to start a family.	8.00 The Motorway The entire motorway must be shut down after a motorbike crash on the Spaghetti Junction just outside Birmingham. The patrollers worst fears are confirmed when they discover an injured man lying in the carriageway.
9	9.00 Who Do You Think You Are? Alex Scott finds out about the Jewish ancestry on her mum's side and travels to Jamaica to learn about the ancestors of her grandparents, who were part of the Windrush generation. (R)	9.00 The Misadventures of Romesh Ranganathan Romesh visits unusual holiday destinations that are rarely visited by tourists. Here, he concludes his African adventure by travelling to the island of Madagascar. Last in series.	9.00 Long Lost Family: Born Without Trace Liz from Birmingham and Susanne from East London ask Davina McCall and Nicky Campbell for help tracking down the people who abandoned them as babies.	9.00 The Fall: Skydive Murder Plot Victoria describes her recollection of the parachute jump and what made her question her marriage. Emile is bailed to continue his work in the army, but the trial doesn't go to plan.	9.00 Casualty 24/7: Every Second Counts Brian's in terrible pain after a bad fall at work, so consultant Bharath Reddy comes in to assess the damage. An ambulance rushes in an elderly woman who has been vomiting blood.
10	10.00 BBC News at Ten The latest headlines and analysis of political developments and current affairs. Plus, the day's weather reports. 10.30 Regional News; Weather 10.40 The Traitors US Double bill. Strangers unite to embark on a game of detection, backstabbing and trust, in the hope of winning a cash jackpot. Three of the contestants coined 'the traitors' will devise a plan to steal the prize from the other contestants coined 'the faithful'. Hosted by Alan Cumming; as the Traitors attempt to complete their line-up, the first murder is committed. Some hard truths are revealed and the first player is banished from the game. (R)	10.00 Inside No 9 The final ever episode of the award-winning anthology of darkly comic films, written by and starring Steve Pemberton and Reece Shearsmith. Last in series. 10.30 Newsnight Headline analysis with Victoria Derbyshire.	10.00 ITV News at Ten; Weather A fresh perspective on the major stories of the day. 10.30 Regional News; Weather 10.45 Peston Political magazine show hosted by Robert Peston, featuring interviews with MPs and topical guests.	10.00 Queenie Double bill. With her birthday due, Queenie ponders her relationship with her mother; as Queenie makes steps towards healing in a new flat of her own, she still has some difficult decisions to make about her future. Last in series.	10.00 Trauma Room One A patient is sped into theatre after a stroke, while Lorna is rushed in for emergency surgery after breaking her back, and a consultant neurosurgeon must act quickly to avoid paralysis. (R)
11		11.05 Unspun World with John Simpson News stories. 11.30 FLM The Conversation (1974, 12) An electronic surveillance expert makes the mistake of getting personally involved in a case. Thriller, with Gene Hackman. ★★★★★	11.40 Absolutely India: Manics in Mumbai The brothers take on a junior girl's hockey team, before the family arrive in Jejuri in the midst of the 100,000 festival goers who are there to take part in the Golden Festival. Last in series. (R)	11.10 Married to a Psychopath Double bill. Part one of two. The hunt for a murderer who targeted wealthy women for their money; part two of two. As Webster targets his third victim, time is running out for the investigating officers. (R)	11.05 999: Emergency Call Out Paramedic Nathan and special sergeant Hannah respond to a 16-year-old who has started fitting. They need to make sure he doesn't come to any harm before rushing him to hospital. (R)
12 midnight	12.40am Weather for the Week Ahead 12.45-6.00am BBC News	1.20am Sign Zone: Race Across the World. The teams head to the second checkpoint in Sokcho, South Korea. (R) 2.20 Sign Zone: The Misadventures of Romesh Ranganathan. Comedian Romesh Ranganathan visits Uganda, where he is hosted by a princess. (R) 3.20-6.45am This Is BBC Two	12.05am ITV Studio Sessions. Clara Amfo is joined by singer-songwriter Cat Burns. Last in series. (R) 12.30 Shop on TV 3.00 The Leader Interviews – Tonight. Rachel Younger talks to Ed Davey of the Liberal Democrats. (R) 3.25 Unwind with ITV 4.40-6.00am D-Day 80 at the Royal Albert Hall (R)	1.05am The Piano: The Final (R) 2.15 FLM Two of Us (2020, 12) Romantic drama, starring Barbara Sukowa and Martine Chevallier. ★★★★★ 3.50 Iris Prize Best British Shorts 4.20 Grand Designs Australia (R) 5.15 Kirstie's House of Craft (R) 5.25 Frasier (R) 5.50-6.30am Countdown (R)	12.05am Motorway Cops: Catching Britain's Speeders (R) 1.00 PlayOJO Live Casino Show 3.00 Secret Scotland with Susan Calman (R) 3.50 How to Give Up Sugar (& Lose Weight) (R) 4.40 Wildlife SOS (R) 5.05 House Doctor 5.30 Entertainment News 5.35 Fireman Sam 5.45-6.00am Paw Patrol

ITV2

Freeview 6

6.00am CITV **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** Dress to Impress **1.00** Deal or No Deal **2.00** Family Fortunes **3.00** Veronica Mars **4.00** Dawson's Creek. Drama. **5.00** Dress to Impress. Dating show.

6.00 **Catchphrase Celebrity Special** With Tim Healy, Mark Wright and Alexandra Mardell. Hosted by Stephen Mulhern.

7.00 **Deal or No Deal** Stephen Mulhern hosts as contestants take on the Banker.

8.00 **Bob's Burgers** Double bill.

9.00 **Love Island** More drama from the villa.

10.05 **G'wed** The pupils pair up for a Diversity and Inclusion presentation.

10.40 **Family Guy** Animated double bill.

11.35 **American Dad!** Stan anxiously awaits his annual jury summons.

12.05am **American Dad!** **12.35** **Bob's Burgers** **1.35** **Extraordinary** **2.10** **World's Funniest Videos** **2.40** **Unwind** with ITV **3.00-6.00am** Teleshopping

Dave

Freeview 19

6.00am Teleshopping **7.20** **Cop Car Workshop** **8.05** **The Force: Behind the Line** **8.40** **James May: My Sisters' Top Toys** **10.00** **Top Gear** **12.00noon** **Storage Hunters UK: four episodes** **2.00** **Extreme Fishing with Robson Green** **3.00** **Top Gear** **5.00** **Hairy Bikers' Best of British**

6.00 **Rick Stein: From Venice to Istanbul**

7.00 **Would I Lie to You?** With Rhod Gilbert, Kelly Hoppen and Carol Vorderman.

7.35 **Richard Osman's House of Games** Double bill. Featuring Roger Black; with Maisie Adam and Rory Bremner.

9.00 **QI XL** Extended edition. With Suggs, Claudia O'Doherty and Jimmy Carr.

10.00 **Have I Got a Bit More News for You**

11.00 **Taskmaster** The competitive nature of Taskmaster bubbles to the surface.

12.00m't **Mock the Week** **12.40** **Would I Lie to You?** **1.20** **World's Most Dangerous Roads** **2.30** **Meet the Richardsons** **3.00** **Whose Line Is It Anyway? USA** **4.00-6.00am** Teleshopping

E4

Freeview 13

6.00am **Hollyoaks** **7.00** **Ramsay's Kitchen Nightmares USA** **9.00** **Brooklyn Nine-Nine** **10.00** **Young Sheldon** **11.00** **Modern Family** **12.00noon** **The Big Bang Theory** **2.00** **The Goldbergs** **3.00** **Modern Family** **4.00** **Young Sheldon** **5.00** **The Big Bang Theory: four episodes**

7.00 **Hollyoaks** A couple hiding a secret take drastic measures to conceal the truth.

7.30 **Come Dine with Me** A retired advertising sales director plays host.

8.00 **Dance Moms** Jill and Kendall withdraw their girls from Abby's studio.

9.00 **Gogglebox** Opinions on A Nightmare on Elm Street 3: Dream Warriors.

10.00 **Naked Attraction** A former club rep and a technophobe each choose a date.

11.05 **First Dates** Dating series.

12.10am **The Big Bang Theory. Comedy.** **1.15** **Brooklyn Nine-Nine: double bill** **2.10** **Modern Family** **3.00** **Dance Moms** **3.50** **Ramsay's Kitchen Nightmares USA** **4.40-6.00am** **The Neighborhood**

Variations & S4C

WALES As **BBC1** except: **1.35-1.45pm** **BBC Wales Today; Weather** **6.30** **BBC Wales Today; Weather** **6.55-7.00** **Party Election Broadcast.** By Plaid Cymru. **9.00-10.00** **Max Boyce** at 80. Boyce's career as a comedian, singer, songwriter and 'people's poet'. **10.30** **BBC Wales Today; Weather** **10.40** **BBC Wales Live** **11.10** **The Traitors US** **1.10-6.00am** **BBC News**

MERIDIAN As **ITV1** except: **1.55-2.00pm** **ITV News Meridian** **6.00-6.20** **ITV News Meridian** **10.30-10.45pm** **ITV News Meridian**

CENTRAL As **ITV1** except: **1.55-2.00pm** **ITV News Central** **6.00-6.20** **ITV News Central** **10.30-10.45pm** **ITV News Central**

ITV WALES As **ITV1** except: **1.55-2.00pm** **ITV News Cymru Wales** **6.00** **ITV News Wales at Six** **6.25-6.30** **Party Election Broadcast.** By Plaid Cymru. **10.30-10.45pm** **ITV News Cymru Wales**

WEST As **ITV1** except: **1.55-2.00pm** **ITV News West Country** **6.00-6.20** **ITV News West Country** **10.30-10.45pm** **ITV News West Country**

ANGLIA As **ITV1** except: **1.55-2.00pm** **ITV News Anglia** **6.00-6.20** **ITV News Anglia** **10.30-10.45pm** **ITV News Anglia**

ITVBe

Freeview 28

7.00am **Unwind** with **ITV 7.05** **Sugar Showdown** **7.35** **The Real Housewives of Cheshire** **8.35** **Masters of Flip** **9.35** **Buying and Selling** **10.35** **The Real Housewives of Cheshire** **11.35** **The Real Housewives of Atlanta** **12.30pm** **The Real Housewives of New Jersey** **1.25** **The Only Way Is Essex** **2.05** **Dinner Date** **3.10** **Million Dollar Listing: LA** **4.05** **The Real Housewives of Atlanta** **5.00** **The Real Housewives of Salt Lake City**

6.00 **Masters of Flip** A home is flipped in an up-and-coming neighbourhood.

7.00 **Million Dollar Listing: LA**

8.00 **Dinner Date** Mitch chooses three blind dates from five potential partners.

9.00 **Million Pound Pawn** Documentary.

10.00 **Botched** A woman reveals her bad boob job after years of suffering.

11.00 **The Only Way Is Essex** Bobby hosts an emotional charity evening.

11.45 **Ready to Mingle** Dating gameshow.

12.50-1.00am **Unwind** with ITV

Drama

Freeview 20

6.00am Teleshopping **7.20** **London's Burning** **8.00** **Doctors** **9.20** **Classic Holby City** **10.40** **Classic Casualty** **11.40** **The Bill** **12.40pm** **Classic EastEnders** **2.00** **London's Burning** **3.00** **Lovejoy** **4.10** **Tenko** **5.15** **Birds of a Feather**

6.00 **Waiting for God** Sitcom.

6.40 **Are You Being Served?**

7.20 **Last of the Summer Wine**

8.00 **The Bletchley Circle** Part two of two. With corruption in vice squad, the women realise that catching the gang red-handed is their only option and plot to infiltrate the crime ring. Last in series.

9.00 **New Tricks** Double bill. Jack announces he is quitting the team; the remains of a body are discovered near a public boarding school.

11.20 **Soldier, Soldier** The regiment's tour in Germany is cut short.

12.20am **Lovejoy. Drama.** **1.35** **David Copperfield** **2.35** **Classic Holby City** **4.00-6.00am** Teleshopping

More4

Freeview 18

8.55am **A Place in the Sun** **10.25** **A New Life in the Sun** **11.25** **Find It, Fix It, Flog It** **12.30pm** **Come Dine with Me: five episodes** **3.10** **Four in a Bed: five episodes** **5.50** **Chateau DIY**

6.55 **Car S.O.S** A 1984 Opel Manta GTE owned by a former amateur rally driver.

7.55 **The Dog House** A French bulldog meets drag queen John and partner Sammy.

9.00 **Emergency Helicopter Medics** Crews treat a painter with a possible bleed on the brain, a motorcyclist with a broken leg and severely deformed wrist, and Doreen, who has been trampled by a foal.

10.00 **999: On the Front Line** Paramedics help a postal worker who has slipped on sewage and may have broken his hip.

11.05 **24 Hours in A&E** A 53-year-old man is brought in by ambulance after a work-related accident on a building site.

12.10am **Emergency Helicopter Medics** **1.15** **999: On the Front Line** **2.20** **24 Hours in A&E** **3.25-3.55am** **A Place in the Sun**

WESTCOUNTRY As **ITV1** except: **1.55-2.00pm** **ITV News West Country** **6.00-6.20** **ITV News West Country. The latest headlines.** **10.30-10.45pm** **ITV News West Country**

S4C **6.00am** **Cyw** **11.00** **Dysgu Gyda Cyw** **12.00noon** **Newyddion S4C a'r Tywydd** **12.05pm** **Richard Holt: Yr Academi Felys** **12.30** **Heno** **1.00** **Codi Hwyl** **1.30** **Garddio a Mwy** **2.00** **Newyddion S4C a'r Tywydd** **2.05** **Prynhawn Da** **3.00** **Newyddion S4C a'r Tywydd** **3.05** **Y Gymraeg: Hawl Pob Plentyn** **4.00** **Awr Fawr** **5.00** **Stwnsh** **6.00** **Cais Quinnell.** Activities include zip lining, river tubing and ice sculpting. **6.25** **Darllediad Etholiadol** **6.40** **Plaid Cymru** **6.30** **Rownd a Rownd** **6.57** **Newyddion S4C** **7.00** **Heno. Magazine.** **7.30** **Newyddion S4C a'r Tywydd** **8.00** **Pobol y Cwm.** Diane and Kelly are struggling following Jason's disappearance. How will Rhys cope with Eleri as his boss? **8.25** **Ma'i Off 'Ma.** Mel's attitude makes things difficult for everyone but things are getting easier for Arthur as Ken gives him some help. Things seem busier at Bytholwyrd. **8.55** **Newyddion S4C a'r Tywydd** **9.00** **Pawb a'i Farn: Etholiad 2024** **10.00** **Ceffylau, Sheikhs a Chowbois** **10.30-11.35pm** **Yr Anialwch**

BBC3

Freeview 23

7.00pm **NEW The Traitors US** Strangers unite to embark on a game of detection, backstabbing and trust. Hosted by Alan Cumming.

8.00 **The Traitors US** The first murder is committed as the Traitors attempt to complete their line-up.

9.00 **Confessions of a Teenage Fraudster** As he continues to live life on the run, Elliot becomes more paranoid than ever.

9.45 **The Young Offenders** Double bill. A birthday party is planned for Jock and Siobhan's daughter Star; Star discovers the Billy Murphy mask – infuriating Sergeant Healy.

10.45 **Back to Life** Double bill.

11.35 **Confessions of a Teenage Fraudster** Elliot becomes paranoid.

12.20am **I Kissed a Boy** **1.05** **Boot Dreams: Now or Never** **2.05** **Back to Life** **2.55-3.55am** **Roman Kemp: The Fight for Young Lives**

BBC4

Freeview 9

7.00pm **Great British Railway Journeys** From Belfast to Portrush.

7.30 **Villages by the Sea** The history of Robin Hood's Bay in Yorkshire.

8.00 **Full Circle with Michael Palin**

8.50 **Michael Palin: The Art of Travel** An imaginary journey to Blackpool.

9.00 **Rise of the Nazis: The Manhunt** Documentary. The post-war hunt to capture the highest-ranking Nazis.

10.00 **Don Warrington and Tony Jordan Remember Death in Paradise** Reflecting on the show.

10.20 **Death in Paradise** Richard Poole meets a sticky end. Drama, with Ben Miller and Kris Marshall.

11.20 **Fever Pitch: The Rise of the Premier League** Double bill.

1.20 **Full Circle with Michael Palin** **2.10** **Great British Railway Journeys.** Belfast to Portrush. **2.40-3.40am** **Rise of the Nazis: The Manhunt**

GB News F'view

236

6.00am **Breakfast** with Eamonn and Isabel **9.30** **Britain's Newsroom** **12.00noon** **Good Afternoon Britain** **3.00** **Martin Daubney**

6.00 **Dewbs & Co** Straight-talking – Michelle Dewberry delivers her individual take on the day's news.

7.00 **Vote 2024: The People Decide** Coverage of the election campaign.

8.00 **State of the Nation** The countdown to election day is on.

9.00 **Patrick Christys Tonight**

11.00 **Headliners** The paper review that won't put you to sleep (like the others). Join the all-star comedy cast for an intelligent and insightful look at tomorrow's headlines tonight. Hosts Simon Evans & Dominic Frisby.

12.00m't **Vote 2024: The People Decide** **1.00** **State of the Nation** **2.00** **Headliners Replay** **3.00** **Patrick Christys Tonight Replay** **5.00-6.00am** **Headliners Replay**

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Sport

SKY SPORTS MAIN EVENT
6.00am Sky Sports News **7.00** Good Morning Euros
10.00 **LIVE** **Tennis** Coverage from the WTA and/or ATP Tours. Coverage of day three of the WTA and ATP grass court events, held at Autotron Rosmalen in s-Hertogenbosch, the Netherlands.
3.00pm **LIVE** **ICC Men's T20 World Cup** USA v India. Coverage of the Group A match from Nassau County International Cricket Stadium.
7.30 **LIVE** **US Open Golf** A look ahead to the 2024 US Open, which takes place at Pinehurst Resort and Country Club in North Carolina.
10.00 SSN Euro Report **10.30** Back Pages Tonight **11.00** Sky Sports News
1.00am **LIVE** **ICC Men's T20 World Cup** West Indies v New Zealand. Coverage of the Group C match from Brian Lara Cricket Academy in Tarouba.
5.30-6.00am Sky Sports News. Headlines.

SKY SPORTS CRICKET
6.00am ICC Men's T20 World Cup **9.30** ICC 2016 World T20 Final **10.00** ICC Men's T20 World Cup **2.10pm** Best of ICC WT20 **2.30** ICC Men's T20 World Cup. Australia v Namibia.
3.00 **LIVE** **ICC Men's T20 World Cup** USA v India. Coverage of the Group A match from Nassau County International Cricket Stadium.
7.30 Vitality T20 Blast Cricket **10.50** My Icon. With former West Indies bowler Michael Holding. **11.00** ICC Men's T20 World Cup
1.00am **LIVE** **ICC Men's T20 World Cup** West Indies v New Zealand. The Group C match.
5.30-6.00am ICC Men's T20 World Cup

SKY SPORTS FOOTBALL
6.00am EFL Cup Retro **8.45** EFL Greatest Games **10.00** Retro League One **12.00noon** EFL Greatest Games **1.00** Championship Season Review **2.00** EFL Cup Highlights **2.30** EFL Rivalries **3.00** Championship Retro **5.45** EFL Greatest Games **7.00** Championship Season Review **8.00** EFL Cup Highlights **8.30** EFL Trophy Football **9.00** Retro League One **11.45** EFL Greatest Games **1.00am** Championship Retro **3.00** EFL Cup Retro **5.00** Best Moments From The Championship Play-Off Final (1993-2019) **5.30-6.00am** Best Moments From The League 1 & 2 Play-Off Final (1993-2019)

TNT SPORTS 1
6.00am T100 Triathlon World Tour **7.00** WWE Monday Night Raw **9.30** Premier League Stories. With Ashley Cole. **10.00** Hockey **12.00noon** **LIVE** **Hockey** Germany v Spain (Push-back 12.00noon). Coverage of the Men's FIH Hockey Pro League match from Lee Valley Hockey and Tennis Centre in London.
2.00 Sign Up – Into Football. Highlights and analysis from the groundbreaking series.
2.15 **LIVE** **Hockey** China v Germany (Push-back 2.15pm). The Women's FIH Hockey Pro League match from Lee Valley Hockey and Tennis Centre.
4.15 Premier League Stories **4.45** Hockey **5.45** **LIVE** **Hockey** Great Britain v Australia (Push-back 5.45pm). Coverage of the Men's FIH Hockey Pro League match from Lee Valley Hockey and Tennis Centre in London.
7.45 Badminton Weekly. The latest action.
8.00 **LIVE** **Hockey** Australia v Great Britain (Push-back 8.00pm). Coverage of the Women's FIH Hockey Pro League match from Lee Valley Hockey and Tennis Centre in London.
10.00 Hockey **11.00** Hockey **12.00m't** Fishing: On the Bank. Magazine show. **1.00** NBA on Fire **1.30** **LIVE** **NBA** Dallas Mavericks v Boston Celtics (Tip-off 1.30am). Coverage of game three of the NBA Finals from American Airlines Centre.
4.00 Ultimate Pool. The Ultimate Pool Pairs Cup Group 2. **5.30-6.00am** TNT Sports Reload

TNT SPORTS 2
6.00am AFL **2.00pm** T100 Triathlon World Tour **3.00** UEFA Champions League – Classics **5.00** TNT Sports Reload **5.30** MLB Plays of the Week **6.00** **LIVE** **MLB** Minnesota Twins v Colorado Rockies (Start time 6.10pm). Coverage of the inter-league match from Target Field.
9.15 Sign Up – Into Football. Analysis from the series. **10.00** UFC. Jared Cannnion v Nassourdine Imavov. **1.00am** Badminton **3.00-11.30am** **LIVE** **Badminton** Coverage from the Australia Open Round of 16.

EUROSPORT 1
6.00am Mountain Biking **7.00** Cycling: Tour of Switzerland **8.00** Roland-Garros **9.30** EWC All Access **10.00** The Cycling Show **10.30** Cycling: Giro d'Italia **11.30** Cycling: Tour of Switzerland **12.30pm** **LIVE** **Cycling: Tour of Slovenia** Coverage of stage one, covering a distance of 192.3km from Murska Sobota to Ormoz.
3.00 **LIVE** **Cycling: Tour of Belgium** Coverage of stage one, featuring a 12km time trial.
4.15 Cycling: Paris-Roubaix **4.30** The Cycling Show **5.00** Olympic Games: The Power of the Olympics **5.30** Skateboarding: Concrete Dreams **5.45** Australian Open Tennis **6.00** The Future Stars of Tennis **6.30** Ultramarathon **7.00** Cycling: Tour of Belgium **8.00** Cycling: Tour of Switzerland **9.00** Roland-Garros **10.00** The Judo Show **11.00** Cycling: Tour of Switzerland **12.00m't** Cycling: Tour of Belgium **1.00** FIA World Endurance Championship **2.00** Cycling: Tour of Belgium **3.00** Cycling: Tour of Switzerland **4.00** Australian Superbikes **5.00-6.00am** FIA World Endurance Championship

Entertainment & Factual



The Good Doctor Sky Witness, 10pm
The last-ever episode of the US drama. As Shaun (Freddie Highmore, left) and the doctors consider their futures, they try to solve one of the most important cases of their careers.

6.00 Tales of the Unexpected **7.00** Alfred Hitchcock Presents **8.00** Portrait Artist of the Year 2022 **9.00** Painting Birds with Jim and Nancy Moir **10.00** The Eighties. The emergence of Aids. **11.00** Greatest Albums Live **12.00m't** The The: The Comeback Special Live at the Royal Albert Hall **2.30** Discovering: U2 **3.00** Wonderland: From JM Barrie to JRR Tolkien **4.00** Cheltenham Literature Festival **5.00-6.00am** Auction

GOLD
7.10am The Fosters **8.05** The Green Grass **9.20** My Hero **10.00** Are You Being Served? **10.40** Porridge **11.20** Last of the Summer Wine **12.40pm** The Green Grass **1.20** My Hero **2.00** Porridge **2.40** Dad's Army **3.20** Are You Being Served? **4.00** Last of the Summer Wine **5.20** Porridge **6.00** The Green Grass **6.40** Dad's Army **8.00** Only Fools and Horses **8.40** The Thin Blue Line **9.20** dinnerladies **10.00** The Royle Family **10.35** Bottom **11.15** The Office **11.55** Only Fools and Horses **12.30am** The Thin Blue Line **1.10** dinnerladies **1.50** The Royle Family **2.30** Bottom **3.00** The Office **3.30-4.00am** Back to Life

YESTERDAY **Freeview 27**
6.10am Hornby: A Model World **8.00** Abandoned Engineering **10.00** The World at War **11.00** World War Weird **12.00noon** Great British Railway Journeys **1.00** Antiques Roadshow **2.00** Bangers & Cash **4.00** The World at War **5.00** World War Weird **6.00** Antiques Roadshow **7.00** Canal Boat Diaries **8.00** Great Coastal Railway Journeys **9.00** Bangers & Cash: Restoring Classics **10.00** Bangers & Cash **11.00** Abandoned Engineering **12.00m't** Great British Railway Journeys **1.00** Abandoned Engineering **2.00-3.00am** Scouting for Toys

ALIBI
7.10am Murdoch Mysteries **9.00** The Coroner **10.00** Elementary **11.00** Shakespeare & Hathaway: Private Investigators **12.00noon** Father Brown **1.00** Death in Paradise **2.00** Murdoch Mysteries **4.00** Elementary **5.00** Father Brown **6.00** Shakespeare & Hathaway: Private Investigators **7.00** Elementary **8.00** Death in Paradise **9.00** Alaska Daily **10.00** Death in Paradise **11.00** Elementary **12.00m't** Why Women Kill **1.00** Unforgettable **2.00-4.00am** Murdoch Mysteries

SKY MAX
6.00am NCIS: Los Angeles **7.00** DC's Legends of Tomorrow **8.00** The Flash

Radio

CHOICE
Jo Whiley Radio 2, 7.30pm
Jo is joined in the studio by the Modfather and former member of rock icons The Jam, Paul Weller, for a live Sofa Session. The Changingman recently released his 17th solo album 66, which is named not just for Weller's age, but also, perhaps, the year he views as one of pop's high points.

10.00 Night Tracks **11.30** 'Round Midnight **12.30-6.30am** Through the Night

BBC RADIO 4
FM 92.4-94.6MHz 6.00am Today **9.00** More or Less **9.30** To Catch a Scorpion **10.00** Woman's Hour **11.00** The Public Philosopher **11.45** Book of the Week **12.00noon** News **12.04** You and Yours **12.57** Weather **1.00** The World at One **1.45** Understand **2.00** The Archers **2.15** Drama: The Interrogation **3.00** The Law Show **3.30** The Artificial Human **4.00** The Media Show **5.00** PM **5.57** Weather **6.00** News **6.30** Jessica Fostekeew: Sturdy Girl Club **7.00** The Archers **7.15** Front Row **8.00** The Moral Maze **9.00** Being Roman with Mary Beard **9.30** Three Million **10.00** The World Tonight **10.45** Book at Bedtime: The Photographer **11.00** Athena's Cancel Culture **11.15** Chloe Petts' Toilet Humour **11.30** The Bottom Line: The Decisions That Made Me a Leader **12.00m't** News **12.30** Book of the

9.00 Stargate SG-1 **11.00** NCIS: Los Angeles **12.00noon** The Flash **1.00** MacGyver **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00** DC's Legends of Tomorrow **6.00** Stargate SG-1 **8.00** A League of Their Own: Mexican Road Trip **9.00** The Walking Dead **10.00** Banshee **11.00** Brassic **12.00m't** There's Something About Movies **1.00** Brit Cops: Rapid Response **2.00** Road Wars **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00-6.00am** Highway Patrol

SKY ATLANTIC
6.00am Fish Town **7.55** True Blood **10.05** Billions **12.15pm** Game of Thrones **1.20** The Sopranos **3.30** True Blood **5.45** Billions **8.00** House of the Dragon: War Room **9.00** The Sympathizer. The Captain seeks Bon's help. **10.10** The Pacific **11.15** The Wire **12.30am** The Newsroom **1.35** The Deuce **2.50** Game of Thrones **4.00-6.00am** Fish Town

SKY WITNESS
6.00am Air Ambulance ER **7.00** Border Patrol **8.00** UK Border Force **9.00** 999 Frontline **10.00** Bull **11.00** Blue Bloods **12.00noon** New Amsterdam **1.00** 9-1-1 **2.00** FBI: Most Wanted **3.00** Caught Red Handed **4.30** Nothing to Declare **8.00** Blue Bloods **9.00** Fire Country. The crews are called to a backfire started by a private firefighting company. **10.00** The Good Doctor **11.00** The Rookie **12.00m't** FBI **1.00** FBI: International **2.00** FBI **3.00** FBI: International **4.00** The Force: Manchester **5.00-6.00am** Air Ambulance ER

SKY COMEDY
8.00am Will & Grace **9.00** The Conners **10.00** Sort Of **10.30** Veep **11.40** Entourage **12.50pm** High Maintenance **2.10** Veep **3.20** Entourage **4.30** Sort Of **5.00** Will & Grace **6.00** The Office (US) **7.00** The Conners **8.00** Will & Grace **9.00** Insecure **10.25** And Just Like That **12.00m't** The Tonight Show Starring Jimmy Fallon **1.00** Silicon Valley **2.20** Sort Of **2.50** Flatbush Misdeameanors **3.55-5.00am** High Maintenance

DISCOVERY
6.00am How It's Made **7.00** Deadliest Catch **8.00** Building Off the Grid **9.00** Combat Dealers **10.00** Demolition Down Under **11.00** Wheeler Dealers **1.00pm** Barnwood Builders **3.00** Gold Rush **4.00** Alaska: Homestead Rescue **6.00** Demolition Down Under **7.00** Bitchin' Rides. Dave celebrates the opening of his passion project. **8.00** Supertruckers **9.00** **NEW** Deadliest Catch. The crab fishing season begins. **12.00m't** Gold Divers **1.00** Deadliest Catch **3.00** Gold Rush **4.00-5.00am** Moonshiners

NATIONAL GEOGRAPHIC
8.00am Food Factory **9.00** Air Crash Investigation **10.00** World War II: Secrets from Above **11.00** Megafactories **12.00noon** Car S.O.S **1.00** Airport Security: Peru **2.00** Air Crash Investigation **3.00** Eyewitness WWII: Invasion Italy **4.00** Drain the Oceans **5.00** Car S.O.S **6.00** Lost Treasures of Egypt **7.00** Air Crash Investigation **8.00** Fiennes: Return to the Wild **10.00** Draining the Bermuda Triangle **11.00** Air Crash Investigation **12.00m't** To Catch a Smuggler **1.00** Europe from Above **2.00** Money Meltdown **2.30** Food Factory **3.20** Lords of War **4.10-5.00am** Exotic Animal ER: Double Dose

Movies

FILM4
11.00am **Gunfight at the OK Corral** (1957/PG) Western, starring Burt Lancaster. **★★★★**
1.25pm **Three Hours to Kill** (1954/PG) Western, starring Dana Andrews. **★★★★**
3.05 **Buchanan Rides Alone** (1958/U) Western, starring Randolph Scott. **★★★**
4.45 **Hobson's Choice** (1953/U) Comedy, starring Charles Laughton. **★★★★**
6.55 **Keeping Up with the Joneses** (2016/12) Action comedy, with Zach Galifianakis. **★★★**
9.00 **Bad Boys for Life** (2020/15) Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. Action sequel, starring Will Smith. **★★★**
11.25 **Hustlers** (2019/15) Comedy crime drama, starring Constance Wu. **★★★★**
1.35-3.55am **Sweet Country** (2017/15) Australian period drama, starring Hamilton Morris and Bryan Brown. **★★★★**

SKY CINEMA PREMIERE
6.15am **The Inseparables** (2023/U) Animation, with the voice of Monica Young. **★★★**
7.55 **Ride On** (2023/PG) See 4.50am for details. **★★★★**
10.15 **Bonus Track** (2023/15) Comedy, starring Joe Anders and Samuel Small. **★★★**
12.05pm **Meg 2: The Trench** (2023/12) See 8.00pm for details. **★★★**
2.05 **Am I OK?** (2022/15) See 10.00pm for details. **★★★**
3.50 **The Exorcist: Believer** (2023/15) Horror sequel, starring Ellen Burstyn. **★★★**
5.50 **Blue Beetle** (2023/12) Fantasy adventure, starring Xolo Mariduena. **★★★**
8.00 **Meg 2: The Trench** (2023/12) When a mining operation unleashes a school of megalodon sharks, rescue expert Jonas Taylor attempts to save the day. Thriller sequel, starring Jason Statham. **★★★**
10.00 **Am I OK?** (2022/15) Romantic comedy drama, starring Dakota Johnson. **★★★**
11.35 **The Royal Hotel** (2023/18) Thriller, with Julia Garner and Jessica Henwick. **★★★**
1.15am **Turtles All the Way Down** (2024/12) Drama, starring Isabela Merced. **★★★★**
3.10 **My Big Fat Greek Wedding 3** (2023/12) Romantic comedy, with Nia Vardalos. **★★★**
4.50-7.05am **Ride On** (2023/PG) Action drama, starring Jackie Chan and Liu Haocun. **★★★★**

SKY CINEMA DRAMA
6.05pm **Eternal Sunshine of the Spotless Mind** (2004/15) Drama, starring Jim Carrey and Kate Winslet. **★★★★★**
8.00 **Save the Last Dance** (2000/12) Romantic drama, starring Julia Stiles. **★★★**
10.00 **Emma** (1996/U) Drama, with Gwyneth Paltrow and Jeremy Northam. **★★★★**
12.05am **Nineteen Nineteen** (1985/15) Drama, with Paul Scofield and Maria Schell. **★★★**
1.50 **Far and Away** (1992/15) Drama, starring Tom Cruise and Nicole Kidman. **★★★★**
4.15-6.05am **Wildhood** (2021/15) Drama, with Michael Greyeyes and Steve Lund. **★★★**

SKY CINEMA FAMILY
4.00pm **The Karate Kid Part III** (1989/PG) Adventure sequel, starring Ralph Macchio and Pat Morita. **★★**
6.00 **Hotel for Dogs** (2009/U) Family comedy, starring Emma Roberts. **★★★**
7.50 **Blithe Spirit** (2020/12) Comedy, starring Isla Fisher and Dan Stevens. **★★★★**
9.40 **Reuniting the Rubins** (2010/PG) Comedy drama, starring Timothy Spall. **★★**
11.30 **The Spy Next Door** (2010/PG) Comedy, starring Jackie Chan. **★★★**
1.15am **The Portable Door** (2023/PG) Fantasy adventure, starring Christoph Waltz. **★★★★**
3.25 **Ghost Squad** (2015/PG) Fantasy adventure, starring Will Spencer. **★★★**
5.00-6.50am **Breaking Point** (2023/12) Drama, with Kelvin Clarke and Karam Singh. **★★★**

TALKING PICTURES TV
5.20pm **Johnny Ringo**
5.55 **Bonanza** Western.
7.00 **Dixon of Dock Green**
8.05 **The Human Jungle**
9.05 **Gideon's Way** Police drama.
10.10pm **The Nanny** (1965/15) Hammer thriller, starring Bette Davis and William Dix. **★★★★**
12.30am **Maigret** Detective drama.
1.35 **Millions Like Us** (1943/U) Second World War drama, starring Patricia Roc. **★★★★**
3.35 **Hide and Seek** (1964/U) Crime drama, starring Ian Carmichael. **★★★★**
5.25-6.00am **Sherlock Holmes**

GREAT! MOVIES
4.50pm **911 Nightmare** (2015/15) Thriller, starring Fiona Gubelmann. **★★★**
6.40 **The Water Horse: Legend of the Deep** (2007/PG) Children's fantasy adventure, starring Alex Eitel and Emily Watson. **★★★★**
9.00 **The Expatriate** (2012/15) Action thriller, starring Aaron Eckhart. **★★★**
11.05pm **Acts of Violence** (2018/15) Crime drama, starring Bruce Willis. **★★★**
1.00am **Bunraku** (2010/15) Action adventure, with Josh Hartnett and Ron Perlman. **★★★**
4.00-6.00am **Wandering Eye** (2011/PG) Thriller, starring Amanda Righetti. **★★★**

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D-Day hypocrisy showed French could stop boats

JAMES Whale's article about the French immigration desk touched a nerve ("France couldn't resist un petit D-Day Brexit stunt", June 10).

If checking British troops' passports was so necessary why don't our French buddies check all the people in dinghies? If no passport then out of the boat and back you go to your own country.

Mike Castro,
Verwood, Dorset

Petty officers' behaviour was far worse than PM's

RISHI Sunak may have made a faux pas leaving the D-Day commemorations early, for which he has apologised. What French officials did was more disgraceful and petty – checking the passports of hundreds of paratroopers landing in the same Normandy field as our troops 80 years ago.

Jill Bath,
Fareham, Hants

Macron forgot how much we carried France in war

THE next time the Paras have to bail the French out again, will they be delayed because they have forgotten their passports among their 40lb of kit?

President Macron is contemptible for allowing this to happen.

Stanley Murdock,
Kendal, Cumbria

Leaders let the side down with a lapse in manners

IT APPEARED Queen Camilla was taking a leaf out of Elizabeth II's outdated protocol book by pulling away her hand from Brigitte Macron at the D-Day memorial (Carole Malone, June 8).

In 2024 for a woman not of royal birth to make such a gesture, at a service commemorating our shared sacrifices, was inappropriate and snobbish. One of two British gaffes at the ceremony, the first being Rishi Sunak's early departure.

Diane Silva,
Bournemouth, Dorset

Commons bandwagoners could have stayed home

THOSE who have been so quick to jump on the critic bandwagon of Rishi Sunak are surprisingly ignorant ("Farage attack on PM 'deliberately divisive'", June 10).

The leaders at the ceremony were all recognised heads of state. Ours, King Charles, was supported by Prince William – so the PM was not required and neither was Starmer.

Rod Williams,
Great Holland, Essex

Rishi did nothing wrong, it's a storm in a teacup

RISHI Sunak did not abandon a meeting with veterans at all. Quite the reverse. He attended all such events. He skipped a governmental meeting with other heads of state and Foreign Secretary Lord Cameron attended in his place.

If he had skipped veteran events I, as a veteran, would be incensed. This kind of storm in a teacup now

Letter of the day

Picture: PA



PROMISE: Rishi Sunak launches Tory election manifesto

Nation's OAPs couldn't care less about NI

RISHI Sunak's promise of a cut in National Insurance will help the low-paid very little and pensioners not at all. What is needed is a massive increase to the lower-rate tax threshold ("National Insurance will be cut by 2p if Tories win General Election, confirms Rishi Sunak", June 11).

Cutting NI will only help employers and high-earners, such as MPs. It shouldn't be cut at all; NI is there to future-proof pensions.

If there is no NI, finance must be found from somewhere else. Is Sunak going to hit the motorists and drinkers again? He keeps saying he is helping pensioners with triple-lock increases, to a degree he is right but increases barely keep up with rising prices.

David Turner,
Sevenoaks, Kent

seems to be par for the course. Half-truths and ill-informed misreading of events destroyed Boris Johnson's premiership and are a part of this election campaign.

Win Draper,
Stafford, Staffs

Time to knight those who saved world from Nazism

YEAR on year we see fewer of our war heroes attending the D-Day commemorations. These men and women saved not only the UK but the world from life under the Nazi jackboot. All that are left should be given the highest honour this country can give before it's too late.

We see people made knights and dames for service to various causes but what cause was greater than saving the world?

George Ellis,
Ashby-de-la-Zouch, Leics

Smaller UK parties take more proportionate view

THE Conservatives are a busted flush and Labour have never performed well in government. Neither will give us proportional representation, so if we want it we have to make it happen by voting for anyone else but them.

Reform, Lib Dems and the Greens have a good-sized share

in the opinion polls; with tactical voting we have a chance to change our political system for the better.

Jon Widdick,
Bury St Edmunds, Suffolk

Starmer's army snipe is a snub to post-war recruits

SIR Keir Starmer's ridicule of Rishi Sunak ("Teenage Dad's Army"... Labour leader mocks PM's National Service plan", May 28) is an insult to the 18-year-olds called up until the 1960s to do their service.

Ken Harman,
Warrlingham, Surrey

Politicians push diversity but don't represent us all

NIGEL Farage has nothing to apologise for. He speaks for many once proud English nationals who feel our traditions slipping away on a tide of wokery ("Farage slur a cheap shot", June 10).

And well said Leo McKinstry for comparing today's political indoctrination with Orwell's 1984 ("Establishment does not want migration on election agenda", June 10). Mel Stride saying he's sat around a Cabinet table that's the most diverse in history sums up why most politicians of all persuasions have lost the plot ("Farage attack on PM 'deliberately divisive'", June

10). Why is it wrong for indigenous folk to want those who make decisions on our behalf to come from the same background?

Kathryn Hill,
Queniborough, Leics

Turn PCSOs into officers to speed up recruitment

IF THESE new neighbourhood police are going to be Police Community Support Officers (PCSOs) this is another gimmick ("Tories vow to enlist 8,000 extra police for neighbourhood crime crackdown", June 10). PCSOs can only make a citizen's arrest. Why not scrap the system and enrol them all into the proper police service? Thousands recruited in one stroke.

Laurie Dalton,
Hoylelake, Merseyside

Superficial Love Island is a great escape from news

LIKE James Whale (June 10), I have never watched Love Island, but I don't knock people who love it.

James is right: it is superficial and irrelevant to the usually awful world we are living in now. But we need escapism and, now and again, to switch off from the news and engross ourselves in banal triviality.

Lynne English,
Wickford, Essex

DO WE SPEND ENOUGH TIME KEEPING OUR HOMES CLEAN?

Yes

I SHOVE the vacuum cleaner around three days a week, give the bathroom a good going over every Saturday morning and deep clean the kitchen once a week. Our place is spotless ("Experts dish dirt on homes", June 11).

But even then, it

appears that's not enough to keep our home free of 20kg of dust a year, which includes dust mite droppings. I feel sick.

Some of our friends employ a cleaner but I'd resent paying someone to do a job that I'm capable of doing myself.

Jason Livesey,
Bristol

No

BACK when I was a student our shared house was such a state that my girlfriend at the time refused to set foot in the place.

It was a war of attrition between the housemates to see who would relent first and do the washing up. The final straw came when the

neighbours called Environmental Health and we returned home from lectures to see workers in hazmat suits spraying chemicals all over our back yard.

Thankfully, I'm no longer a feral student but could probably tidy up a bit more.

Jamie Gallagher,
Exeter

TODAY: Wednesday
June 12, 2024

ON THIS DAY



37 years ago (1987)

We reported a "jubilant" Margaret Thatcher had won a third term, with one of the highest general election turnouts of the century at 76 per cent. Supporters handed "SuperMag" 100 red roses on her triumphant arrival at Conservative Central Office.

The new SDP Liberal Alliance failed to make any gains. Future Labour leader John Smith accused affluent voters of turning their backs on the rest of the country.

Six years ago (2018)

US President Donald Trump and North Korean leader Kim Jong-un met in Singapore, for the first ever meeting between leaders of the two countries.

They signed a joint statement signalling a new era of peaceful relations and working towards the denuclearisation of the Korean Peninsula.

60 years ago (1964)

Anti-apartheid leader Nelson Mandela was jailed for life for plotting against the South African state.

Protests took place around the world, including in Britain, and a petition was handed to the UN Secretary General. Mandela spent most of his 27 years imprisonment serving hard labour at Robben Island Prison off Cape Town.

BIRTHDAYS



Goalkeeping legend **Pat Jennings** is 79. He has 119 Northern Ireland caps.



Mansfield Park actress **Frances O'Connor** is 57. She's also a film director.



Help actress **Cathy Tyson** is 59. Her aunt was Fried Green Tomatoes



actress **Cicely Tyson**. Dancing On My Own singer **Robyn** is 45. She wrote her first song aged 11.

TODAY'S GIGGLE

What do you call a typo on a tombstone? A grave mistake.

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CALVIN AND HOBBS Bill Watterson



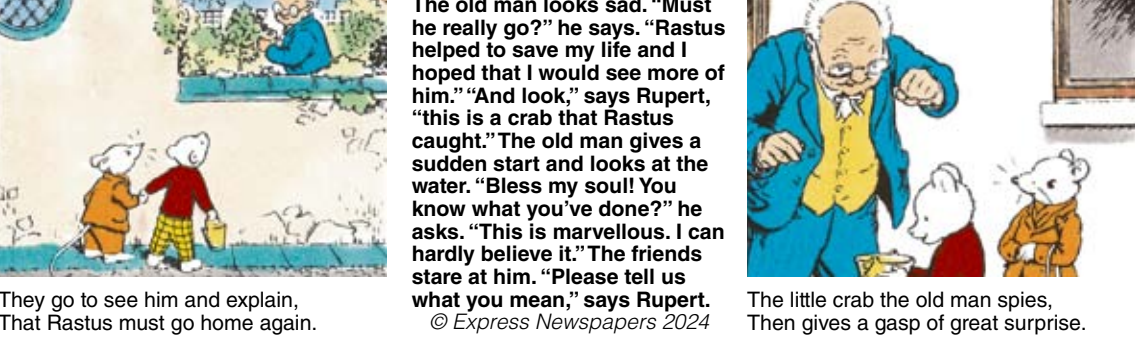
PEANUTS Charles M. Schulz



FAITH, HOPE AND SUE Lisa Wild



RUPERT AT ROCKY BAY No 26



Italian-style beef stew

This hearty stew with a twist is perfect for a casual get-together with friends or as a midweek family dinner. It works well with mashed potatoes, creamy polenta or chunks of crusty bread. Serves six to eight.

- INGREDIENTS**
- 340 g extra lean mince
 - 1 onion, chopped
 - 2 garlic cloves, crushed
 - 600g potatoes, scrubbed and finely diced
 - 2 tins chopped tomatoes, about 400g each
 - 150ml chicken stock, bought chilled or made from a cube
 - Finely shredded zest and juice of one lemon
 - 1 tbsp soft light brown sugar
 - 1 bulb of fennel, thinly sliced
 - 100g frozen green beans
 - Salt and pepper
 - Chopped leaves reserved from the fennel bulb
 - Chopped fresh flat-leaf parsley

- METHOD**
- 1) Place the mince, onion and garlic in a large saucepan and cook over a moderate heat for five minutes, stirring frequently until the mince is broken up and evenly browned.
 - 2) Stir in the potatoes, tomatoes with their juice, stock, half the lemon zest, sugar and a little seasoning.
 - 3) Bring to the boil, then reduce the heat, cover and simmer for 10 minutes, stirring once or twice to ensure the potatoes cook evenly.
 - 4) Stir in the fennel, frozen beans and lemon juice. Cover the pan again and simmer for a further five minutes or until the potatoes are tender and the fennel and beans are lightly cooked, but still crisp.
 - 5) Serve garnished with the remaining lemon zest, the chopped fennel leaves and flat-leaf parsley.



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ALAN'S TIP OF THE DAY: Start feeding outdoor tomato plants weekly and increase the amount of feed and water you are giving to tomatoes under glass, now they are growing vigorously and carrying crops of unripe fruit. Keep the main stems well supported.

Russell Grant Britain's celebrity astrologer

Aries Mar 21 - Apr 20

You're growing tired of having to put the needs of a demanding relative first. You don't mean to be irritable or to sound insensitive but people can't keep expecting to have their own way. In addition to this, the pressure of work is getting to you.

0905 789 3701**

Libra Sep 24 - Oct 23

You will come to negotiations with good intentions and a desire to achieve the best result for everyone. Some serious disruption is likely if people carry out their threats. There are many who are asking why a dispute has not yet been resolved.

0905 789 3707**

Taurus Apr 21 - May 21

You might wonder if you can get through everything. As well as your own responsibilities, you have taken on the commitments of another. The time you are giving to a situation you volunteered for is interfering with your usual schedule.

0905 789 3702**

Scorpio Oct 24 - Nov 22

As much as you want to please them, avoid taking on everything your boss asks you to do. There are others they can approach to carry out some jobs. If you take on too much, your own professional goals will start fading from the horizon.

0905 789 3708**

Gemini May 22 - June 21

Decisions you need to make will cause you anxiety as you wonder whether you are doing the right thing. Let common sense be your guide. Further information may become available in the future but you are doing your best at this particular time.

0905 789 3703**

Sagittarius Nov 23 - Dec 21

Pause and consider what is going on in your life and relationships. Caution is advised before making important decisions. You have the ability to tackle problems in a sensible way so you won't need to rely on anyone else's advice.

0905 789 3709**

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Cancer June 22 - July 23

A relative is getting mixed up in something that makes you uncomfortable. Some people don't realise how much you have been aware of what's been going on. You've just needed time to feel able to cope emotionally, before confronting them.

0905 789 3704**

Capricorn Dec 22 - Jan 20

Household items will cost a lot more than expected. You may have to repair or replace a broken appliance, and if you are trying to cut down on spending, this will come as a disappointment. A kind relative will offer to give you a loan.

0905 789 3710**

Leo July 24 - Aug 23

A feeling that you handled an issue wrongly will lead to a painful analysis of your situation. You have invested much in a cause devoted to conquering a local problem. You won't give up yet. It may be necessary to ask a councillor for support.

0905 789 3705**

Aquarius Jan 21 - Feb 19

Someone is patiently waiting for an answer from you. You take this issue very seriously and you won't want to say or do anything impulsive. An event or situation will make you quite emotional and it won't be easy to hide your feelings.

0905 789 3711**

Virgo Aug 24 - Sep 23

Discuss joint financial affairs even if you aren't in the mood. What a partner may see as a necessary expenditure, you will regard as extravagant. Cooperate in joint dealings and you will find a compromise you are both happy with.

0905 789 3706**

Pisces Feb 20 - Mar 20

Stick to your own devices to feel in control and make the most progress. As friendly as some people might be, you will prefer to get on without having to put up with the opinions, suggestions and questions of those surrounding you.

0905 789 3712**

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G3976 - Cream with cover

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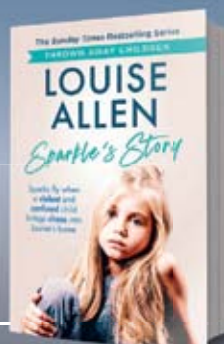
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By Deborah Stone

ARE you sitting comfortably? Because with the summer of sport we've got coming up on our televisions – from the Euros starting on Friday to the Olympics and Paralympics in July through to September – you'll need to be.

So if you've been meaning to buy a new sofa, now is the time to finally make your decision, send off for those swatches and trudge around all those stores and warehouses to give them the sit-down test. But before you start your search it's worth writing your own tick list of what works best for you, and bear in mind that size really does matter.

Measure the sofa and armchairs you already have, including the space that arms may take up to decide what you can fit into your space – and don't forget to measure the door into your lounge too, to make sure you can get your new sofa in. You might want to upgrade to an L-shaped chaise longue sofa but these work best in open-plan homes or big lounges so they don't obstruct doors or French windows.

If you have to settle for something smaller, three-seater sofas are the most comfortable but it's worth considering a couple of two-seaters or even a loveseat in nooks and crannies such as bay windows.

Don't forget to factor in delivery time. Made-to-order sofas can take weeks to arrive – and you'll want to make sure your old sofa is taken away for you and properly recycled.

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Easy Glider corner sofa in Pressed Olives clever velvet, £3,665 (020 3141 8300; loaf.com)



Teddy Chaise in Mosseymere Norfolk cotton, £2,090 (0845 400 2222; sofa.com)



Harlow two-seater sofa in Dove Grey classic plush fabric, £399 (0333 015 0000; furniturechoice.co.uk)

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ALCOHOL & LICENSING

LICENSING ACT 2003 PUBLIC NOTICE OF APPLICATION FOR A NEW PREMISES LICENCE

Notice is hereby given that **BRGR Time Limited** has made an application under Section 17 of Part 3 of the Licensing Act 2003 for the grant of a premises licence for **BRGR Time**, 169 Cardigan Road, Headingley, Leeds LS6 1QL. Licensable activities: late night refreshment from 23:00 to 03:00 Monday to Sunday. Responsible authorities or any other person may make written representations in writing to Leeds City Council Entertainment Licensing, Civic Hall, Leeds LS1 1UR about this application until Friday 7 July 2024. For full details and to view a copy of the application please contact entertainment licensing on 0113 2474095 or email entertainment.Licensing@Leeds.gov.uk. It is an offence to knowingly or recklessly make a false statement in connection with an application which carries an unlimited fine.

Licensing Act 2003

Notice is hereby given that **1/We, Arcade Club Leeds Limited** have made an application under section 17 of part 3 of the Licensing Act 2003 for the grant of a premises licence for the premises known as: **Arcade Club**, Unit 2A-3, Abbey Retail Park, Savins Mill Way, Kirkstall, Leeds LS5 3RP. 1/We intend to conduct the following licensable activities on or from the premises: Sale by retail of alcohol Monday to Thursday 11:00 - 22:30 Friday & Saturday 11:00 - 00:30 Sunday 11:00 - 20:30 Provision of late night refreshment Friday & Saturday 23:00 - 01:00 Exhibition of a film Monday to Thursday 11:00 - 23:00 Friday & Saturday 11:00 - 00:00 Sunday 11:00 - 21:00 Performance of live music Monday to Wednesday 11:00 - 22:00 Thursday 11:00 - 23:00 Friday & Saturday 11:00 - 00:00 Sunday 11:00 - 20:00 Performance of recorded music Monday to Wednesday 09:00 - 23:00 Thursday 09:00 - 00:00 Friday & Saturday 09:00 - 01:00 Sunday 10:00 - 21:00. Responsible authorities or any other person may make written representations to Leeds City Council about this application until 28/06/2024 which should be sent to entertainment.licensing@leeds.gov.uk or Civic Hall, Leeds, LS1 1UR. For full details and to view a copy of the application please contact Entertainment Licensing on 0113 378 5029 or email entertainment.licensing@leeds.gov.uk. It is an offence to knowingly or recklessly make a false statement in connection with an application and the maximum fine for which a person is liable on conviction for this offence is an unlimited fine.

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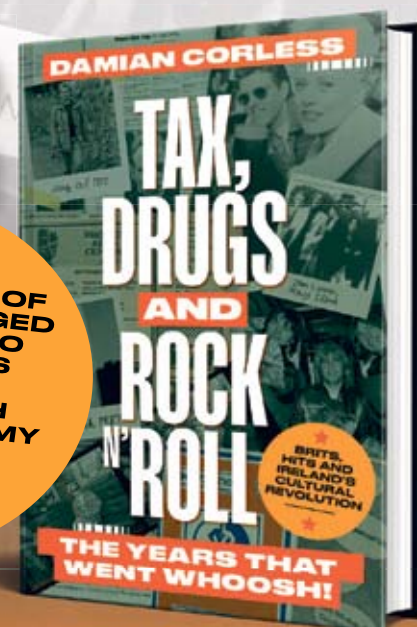
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The chair is constructed from a solid, hard wooden frame with a strong durable recline mechanism which is tested to support up to 21 stone. The seat interior is filled with a pocket sprung unit and is foam covered to provide both comfort and support.

The chair is upholstered in a soft yet durable bonded leather with some faux leather used on the lower stress areas,

Both the lift assist and recline functions are operated by an easy to use remote control and the dual motor allows the footrest to be fully extended with the chair remaining

in an upright position.

For ultimate relaxation there is also massage points in the seat, lower and upper back and a warming heat function in the lumbar area.

Your order will be shipped with our white glove, two man delivery service and delivered within 5 to 10 working days from the point of order. You will be contacted to arrange the delivery date and the chair will be brought into your room of choice and assembled.

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AT A GLANCE

STOCK MARKET			
FTSE 100	8147.8	▼	-80.7
FTSE 250	20266.8	▼	-179.2
FTSE ALL SHARE	4444.1	▼	-42.9
Shares Traded	15076.8 million		

POPULAR SHARES ON THE RISE			
Convatec Group	248½	+	+3¼

POPULAR SHARES UNCHANGED			
Rolls-Royce Holdings	465		

POPULAR SHARES ON THE SLIDE			
Abrdn	148¼	-	-1¼
AstraZeneca	12376	-	-224
Aviva	468½	-	-1½
BAE Systems	1384	-	-16
Barclays	209	-	-5¼
BP	468¼	-	-2½
BT Group	128	-	-1¼
Centrica	132¼	-	-1½
GSK	1615	-	-6
HSBC Holdings	677½	-	-16
Int Consolidated Airlines	167¼	-	-1
Lloyds Banking Group	53½	-	-¾
Marks & Spencer Group	296½	-	-13
National Grid	862¼	-	-9½
NatWest Group	303¼	-	-7
Sainsbury (J)	257	-	-6¼
Shell	2750½	-	-7
Tesco	302¼	-	-3½
Unilever	4357	-	-12
Vodafone Group	70	-	-¾
Whitbread	2982	-	-15

WORLD MARKETS			
TOKYO	39134.8	▲	+96.6
HONG KONG	18176.3	▼	-190.6
GERMANY	18369.9	▼	-125.0
FRANCE	7789.2	▼	-104.8

STERLING VALUE			
Dollar	1.272	▼	-0.001
Yen	200.150	▲	+0.225
Euro	1.185	▲	+0.002

DOLLAR VALUE			
Dollar/Yen	157.364	▲	+0.3263
Dollar/Euro	0.932	▲	+0.0027

COMMODITIES			
GOLD(\$)	▲2310.30		
KRUGERRAND(£)	▲1816.15		
SILVER(pence)	▼2286.07		
BRENT CRUDE(\$)	▲82.07		

OTHER INDICATORS			
Base rate	5.25%		
Halifax mortgage rate	5.98%		
Retail Price Index	+3.3% (CPI +2.3%)		
House price Index	-0.6%		
Unemployment	1,486,000		

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Hungary	431.66 forint
Israel	4.48 shekel
Japan	192.12 yen
Jordan	0.84 dinar
Mexico	22.01 peso
New Zealand	2.00 dollar
Norway	12.97 krone
Poland	4.82 zloty
Saudi Arabia	4.51 riyal
South Africa	22.87 rand
Sweden	12.68 krona
Switzerland	1.10 franc
Thailand	44.87 baht
Turkey	38.34 lira
United States	1.25 dollar

Mortgage arrears 10-year high blamed on inflation

MORTGAGE arrears are up to their highest level in a decade as home buyers continue to struggle with the cost-of-living crisis.

The value of outstanding mortgages that were in arrears during the first quarter rose 44.5% year-on-year to £21.3billion, according to Bank of England figures.

That is the highest level since the third quarter of 2014.

Additionally, data shows that the proportion of loan balances in arrears rose by 30 basis points from 0.88% to 1.28% during the first quarter, – the highest level since the October to December quarter in 2016.

Mortgage experts blame the increase on inflation, which saw the Bank's Monetary Policy Committee, chaired by Governor Andrew Bailey, ratchet up its base rate from 0.1% to 5.25%, with a resulting squeeze on household incomes.

Tom Cuppello, risk director at experts Broadstone, said: "The continued increase in outstanding mortgage balances with arrears is a clear economic indicator that we are not out of the woods yet. It suggests that many households are still struggling with the

By **Geoff Ho**

cost-of-living crisis and spike in mortgage rates over the past two years.

"It is concerning that we have seen such a steep rise in those struggling to make their mortgage repayments as it paints a worrying picture of the nation's personal finances following the recent squeeze on household budgets."

Pepper Advantage analyst Abigail Fernandes said that, although arrears had risen, the rate that they are growing is now slowing.

She pointed out that quarter-on-quarter the proportion of loan balances in arrears rose five basis points (bps) in the first quarter versus increases of 11bps and 12bps in the fourth and third quarters of 2023.

In value terms, they rose £900million in the first quarter, compared to rises of £1.8billion and £2billion over the preceding quarters.

Ms Fernandes said: "Mortgage arrears balances are still high but growth is slowing. Even with green shoots appearing, the picture remains complex. Certain groups remain under pressure and will likely require support for some time."



HIKES: Bank boss Andrew Bailey

Raspberry bears fruit for London

SHARES in low-cost computer hardware group Raspberry Pi soared on their stock market debut – at one point up 40% before easing back.

Shares worth about a third of the firm were sold to investors for 280p per share or £166million. But demand quickly sent the firm's value

soaring from £541million to a peak of £758million before falling back £20million. AJ Bell analyst Dan Coatsworth said it shows London "is open for business to technology flotations" after other home-grown tech firms snubbed the London Stock Exchange in favour of rivals.

FirstGroup falls £18m into red

BUS and rail operator FirstGroup has crashed £18.8million into the red due to one-off pension expenses and higher finance costs.

Revenues for the year to March 30 were flat at £4.7billion but it slumped after its finance costs rose 18.7% to £82million due to higher

interest rates and paying £146.9million to settle its part of the Local Government Pension Scheme.

Last year it made a pre-tax profit of £128.7million. It still hiked its dividend 3.8p per share to 5.5p.

In October, the firm's First Bus division withdrew from the LGPS.

HIKED DIVIDEND IS ICING ON CAKE



SWEET: New products and 20 more stores helped increase sales

CAKE Box's full-year pre-tax profits soared 15.1% to £6.3million after opening new stores, boosting sales and making cost savings.

Revenues rose 8.7% to £37.8million following the launch of 20 extra franchise shops. Online sales were also up 16.1% to £16.1million.

Cake Box bosses said demand was driven by new

products and increased marketing. It also made efficiency savings. The good results allowed it to hike its final dividend by 10.9% to 6.1p per share.

Chief Sukh Chamdal said the firm expects to defy economic uncertainty with more new openings and a revamped website to further boost sales.

++ THE FTSE 100 THE FTSE 100 THE FTSE 100 ++

52 WEEK					52 WEEK					52 WEEK				
COMPANY	CLOSE	+/-	HIGH	LOW	COMPANY	CLOSE	+/-	HIGH	LOW	COMPANY	CLOSE	+/-	HIGH	LOW
3i Group.....	2970	+23	2977	1848	Glencore.....	465½	-10¼	501½	369	National Grid.....	862¼#	-9½	1050	838½
A.B. Foods.....	2517#	-29	2738	1869	Haleon.....	321	-2¼	341	308½	NatWest Group.....	303¼	-7	326½	176¼
Admiral Group.....	2563	-94	2837	2029	Halma.....	2274	-10	2452	1810½	Next.....	9034	-174	9426	6438
Airtel Africa.....	117¼	-1½	133¼	90¼	Hikma.....	1973	+43	2205	1722	Ocado.....	351¼	-4	976½	342
Anglo American.....	2359	-14	2773½	1670¼	HSBC Holdings.....	677½#	-16	720¼	575¼	Pearson.....	947¼	-6¼	1042	811
Antofagasta.....	2067	-92	2410	1293	IMI.....	1826	-22	1901	1445	Pershing Square Hold.....	4252#	-14	4292	2704
Ashtead Group.....	5596	-46	6104	4667	Imperial Brands.....	1978#	-2	1997	1580	Persimmon.....	1442	-4	1491	960½
AstraZeneca.....	12376	-224	12696	9501	Informa.....	826½#	-9¼	852¼	685¼	Phoenix Group.....	484¼	-4¼	560¼	441½
Auto Trader.....	814¼	-9½	834¼	587	InterContinental Htl.....	8000	+18	8752	5210	Prudential.....	709½	-11½	1136	687½
Aviva.....	468½	-1½	497	369¼	Intermediate Cap.Grp.....	2270	+24	2394	1255½	Reckitt Benckiser.....	4388	-32	6082	4110
B&M Europ Value Ret.....	485	-3½	612¼	483½	Intertek Group.....	4786#	-60	5075	3755	RELX.....	3491#	-12	3540	2442
BAE Systems.....	1384	-16	1404½	888¼	Intl Consolidated Airlines.....	167¼	-1	186½	138	Rentokil Initial.....	415¼	+6	649	392½
Barclays.....	209	-5¼	220	129¼	JD Sports.....	123½	-¾	175¼	104	Rightmove.....	552½	-1¼	594¼	463
Barratt Development.....	496½	-5¼	566½	392¼	Kingfisher.....	254¼#	-4	270½	201¼	Rio Tinto.....	5251	-106	5891	4559
Beazley Group.....	664½	-12½	696	503	Land Securities.....	628½	-16½	725¼	559½	Rolls-Royce Group.....	465		470	145¼
Berkeley Grp Hldgs.....	5110	-75	5320	3773	Legal & General.....	243	-3	256¼	205¼	RS Group.....	708½	+7	839½	660½
BP.....	468¼#	-2½	558	444¼	Lloyds Banking Grp.....	53½	-¾	56½	39¼	Sage Group.....	1036½#	-7½	1282	867½
British Amer.Tob.....	2388	-14	2735	2267	London Stock Ex.....	9342	-58	9674	7986	Sainsbury (J).....	257#	-6¼	310½	245¼
BT Group.....	128	-1¼	143¼	102¼	M&G.....	199¼	-3¼	238¼	183	Schroders.....	372¼	-8½	464¼	347¼
Bunzl.....	2958#	+10	3306	2687	Marks & Spencer.....	296½	-13	313½	185	Scottish Mortgage.....	892¼	-1¼	908	637½
Burberry Group.....	1009½	-10	1289	1003½	Melrose.....	622½	+3	677½	446¼	SEGR.....	895¼	-9¼	940	679¼
Centrica.....	132¼#	-1½	172½	115½	Mondi.....	1478½	-11½	1604	1179¼	Servant Trent.....	2382#	-24	2746	2265
Coca-Cola HBC.....	2708#	+8	2804	2065						Shell.....	2750½#	-7	2946	2264½
Compass Group.....	2195	-12	2323	1945½						Smith & Nephew.....	1008½	-18½	1268	896¼
Convatec Group.....	248½	+3¼	293½	196¼						Smiths Group.....	1705	-10	1766½	1526
CRH.....	6094#	-108	6898	3920						Smurfit Kappa.....	3590	-32	3882	2554
Croda International.....	4253	+21	5956	4076						Spirax-Sarco.....	8615	-80	11415	8058
DCC.....	5600#	-20	6035	4171						SSE.....	1770	-19½	1896	1508
Diageo.....	2594¼	-12½	3457	2570½						St James's Place.....	508	-5½	1183	402
Diploma.....	4094	+4	4252	2804						Standard Chartered.....	721¼	-32	785¼	573¼
DS Smith.....	356	-5	413	263¼						Taylor Wimpey.....	148¼	-1¼	152½	99¼
EasyJet.....	459¼	-½	577¼	360						Tesco.....	302¼#	-3½	315	245½
Entain.....	689½	-14½	1403½	654¼						Unilever.....	4357	-12	4409	3694
Experian Group.....	3679	+29	3752	2390						Unite Group.....	882½	-27½	1057	847
F&C Inv Tst.....	992	+1	1050	831						United Utilities.....	997½	-13	1125	900¼
Flutter Entert.....	14475	-315	17475	12155						Vodafone Group.....	70#	-¾	81	63
Fraser's Group.....	864½	-7½	938	683						Weir Group.....	2066	-26	2200	1675½
Frasnillo.....	551	-9	669	441½						Whitebread.....	2982#	-15	3678	2855
GlaxoSmithKline.....	1615#	-6	1812½	1316						WPP Group.....	753#	-15	875	681¼

FTSE 100

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+ BG + Barclays + BT + Centrica + Dixons Carphone + First Group + HSBC + Kingfisher + Marks & Spencer + Next + Prudential + Rolls-Royce + Sainsburys + Tesco + Unilever + Vodafone + Whitbread + WPP

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
Aerospace & Defence				
Avon Rubber.....	1318	-2	1378	593
Babcock International.....	535	-13½	565½	269
BAE Systems.....	1384	-16	1404½	889
Chemring Group.....	381	-4	396	259
QinetiQ Group.....	454½	+½	461½	292½
Rolls-Royce Group.....	465		470	145½
Senior.....	161	+2½	180½	154½
Alternative Energy				
Porvair.....	702	-22	740	524
Banks				
Barclays.....	209	-5%	220	129½
Bco Santander.....	391½	+3	414	260½
Close Brothers.....	446½	-7¼	976½	299½
CYBG.....	213½		216¼	142
HSBC Holdings.....	677½#	-16	720¼	575½
Investec.....	522	-2	558½	429½
Lloyds Banking Grp.....	53½	-¾	56½	39¼
Metro Bank.....	36½	-¼	125½	28¼
NatWest Group.....	303¾	-7	326½	176¼
Standard Chartered.....	721¼	-32	785¼	573¼
Beverages				
Barr (AG).....	603	-2	623	451½
Britvic.....	966#	+½	1018	785½
Coca-Cola HBC.....	2708#	+8	2804	2065
Diageo.....	2594½	-12½	3457	2570½
Chemicals				
Cardo.....	18½	+¼	19	6¼
Croda International.....	4253	+21	5956	4076
Elementis.....	144½		156½	98
Johnson Matthey.....	1619#	-13	1870	1446½
Synthomer.....	297	-5	659¼	122½
Trealt.....	463	-3	714	370
Victrex.....	1220#	-32	1595	1214½
Construction & Materials				
Balfour Beatty.....	351#	-6	386¼	295½
Clarke T.....	160	+¼	163¼	118½
CRH.....	6094#	-108	6898	3920
Dialight.....	176		237	144
Galliford Try.....	238	-10	275	192½
Gleeson (MU).....	560		580	350
Keller Group.....	1210#	-22	1376	673
Kier Group.....	138	-1¼	149½	74½
Marshall's.....	300½#	-4½	329½	198
Morgan Sindall.....	2550	-25	2600	1706
Severfield-Rowen.....	72	-1	75	50
Smart (J) & Co.....	125		168½	117½
Tyman.....	356	-3½	396½	236
Electricity				
Drax Group.....	493¼	+½	619¼	401½
SSE.....	1770	-19½	1896	1508
Electronic & Electrical Equipment				
Acal.....	714	-4	938	593
Halma.....	2274	-10	2452	1810½
Morgan Crucible.....	307½	-7½	331	218½
Oxford Instruments.....	2635	+175	2765	1712
Renishaw.....	3960	-60	4370	2950
Spectris.....	3220#	-62	3807	2935
TT Electronics.....	150		185	135¼
XP Power.....	1556	+10	2440	776
Equity Investment Instruments				
Aberdeen Asian Sml.....	279#	+2	287	243
Aberforth Sml.Co.....	1500	-22	1544	1126
Acom Income.....				
Albion Tech & Gen. VCT.....	67½#		73½	66
Albion VCT.....	43¼		47½	43¼
Alliance Trust.....	1180#	-6	1264	988
Artemis Alpha.....	378	+6	378	263½
Aurora Inv.Tst.....	247#		253½	198
AVI Global Tst.....	239	-1½	248	185
Baillie Gifford Japan.....	725	-5	796	641
Baillie Gifford Shin Nip.....	112¼	+1	148¼	105
Bankers Inv.Tst.....	110½	-¾	117	92¼
Baronsmead VCT2.....	54½		56	50¼
BH Macro GBP.....	355	+1	393½	328
Biotech Growth Trust.....	969	+7	1024	718
BlackRock Mining.....	548#	-12	633	492½
Bluehone AIM VCT2.....	30½		33	30½
British Assets Tst.....	81¼	+1½	87½	71¼
Brunner Inv.Tst.....	1305	-5	1355	966
Caledonia Inv.....	3480	-10	3660	3110
City Natural Res.Yld.....	193¼	-2¼	204	152
City Of London.....	415	-4½	428	371½
Dunedin Ent.LT.....	510	+12½	565	480
Dunedin Income.....	280	-1	296	249
Edin Wwide Inv.....	142½	+½	157	122½
Edin.Drgn.Tst.....	399	+2	414	325
Edin.Inv.Tst.....	720#	-6	742	615
Edin.US Tracker.....	294	-2	298	258½
Elderstreet VCT.....	44		49	44
European Ass Tst.....	90½	-1½	91¼	73
F&C Cap&Inc.....	328	-2	339	271

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
F&C Inv Tst.....	992	+1	1050	831
F&C Smaller Cos.....	162¼	-¾	167½	129
F&C US Smaller Companies.....	1255	+5	1360	1065
Fidelity Asian.....	518	-4	542	476
Fidelity European.....	395	-3	411	311½
Fidelity Japanese.....	172½		185	152½
Fidelity Special.....	301½#	-1½	311½	252½
Finsbury Gwth&In.....	838	-1	914	792
Foresight Tech.VCT.....	82½		84	72½
Gartmore Euro.....	187#	-1½	195½	150
Genesis E.M.F.....	677½	-3½	720¼	569
Graphite Ent.....	1232	+44	1262	1046
Hansa Tst 'A'.....	203	-3	217	175
Hansa Tst Plc.....	216	+2	223	180½
Henderson Euro.Tst.....	158#	-½	164¼	124¼
Henderson Far Est.....	234½	-1	252½	197¼
Henderson High Inc.....	160	-1	172	140½
Henderson Opp Tst.....	234#		236	171½
Herald Inv.Tst.....	2135	-20	2215	1596
HGC Capital Tst.....	478	-½	499	353½
HSBC Infrastructure.....	119¼#	-1¼	143½	117¼
Impax Env.Mkt.....	393	-1	420	334½
Int.Biotech.Tst.....	650		694	548
International Public.....	121½#	-1	139¼	115½
Invesco Asia.....	320	-3	348	286
Invesco Perp UK.....	427½#	-2½	441	379
JPM American.....	947	+4	991	741
JPM Asian.....	362	-4	371	313
JPM Claverhouse.....	712	-14	746	630
JPM Emerg Mkt.....	102½	-½	108½	96½
JPM Euro Sml Co.....	469½	-2½	485	354½
JPM Global Emerging.....	131½	-2½	140	117
JPM Indian.....	971	-11	985	798
JPM Japanese.....	528		553	438½
JPM Overseas IT.....	546#	+4	568	456
JPM Smaller Co.....	322#	-4	339	230
JPM US Sml Co.....	387		412	317
Jupiter Euro.....	892	-6	915	743
JZ Capital Partners.....	215		220	149
Keystone Inv.Tst.....	219	+1	231	183¼
Law Debenture.....	850#	-1	897	721
Lowland Invest Co.....	127½		130	104½
Majedie Inv.....	242	+6	252	181
Manchester&Lon.....	718		730	413½
Martin Currie Prtfio Tst.....	380		397	299
Matrix Inc & Gwth 4.....	68		73½	67
Maven Income And Growth VCT.....	38		41	38
Mercantile Inv Tst.....	233	-2	248	177¼
Merchants Tst.....	562	-7	591	477½
Mid Wynd Int.....	771	+1	788	670
Monks Inv.Tst.....	1154	-12	1194	890
Montanaro Euro Tst.....	142		145	107¼
Montanaro UK.....	107¼	-¾	111½	84¼
Murray Inc.Tst.....	853#	-4	898	770
Murray Int.Tst.....	245½	-1½	266	219
New India.....	794	+2	798	532
New Star Inv.Tst.....	114		123	109½
North Atl.Smlr.Tst.....	3950		4190	3420
Northern 2 VCT.....	54½		56½	53
Northern Venture.....	57½		60	54
Oxford Tech 2 VCT.....	11		21½	11
Pacific Assets.....	373		389	340
Pacific Horizon.....	617	-4	657	512
Pantheon Int.....	322½	+½	334	245½
Pershing Square Hold.....	4252#	-14	4292	2704
Polar Cap.Tech.....	3135		3155	2105
RCM Technology Trust.....	368	+1	371½	246
RIT Capital Partners.....	1770	-8	2010	1718
Ruffer Investment.....	270½	-2½	289	261
Schroder Asia.....	513	-5	531	456
Schroder Inc.....	287	-5	306	249
Schroder Japan.....	259	-2	263	217
Schroder UK.....	172½	+½	176	141¼
Schroder UK M&S.....	616	-4	634	482
Scottish American.....	504#	-6	536	452
Scottish Mortgage.....	892¼	-1¼	908	637½
Shires Inc.....	243	+1	254	209½
Small Comp Div.Tst.....	165½	-½	168	131
SPARK VCT.....	19½		20½	19½
Standard Life Equity.....	306#	-2½	331	260
Standard Life UK Sml.....	495½	-1	508	370
SVM UK Emerging.....	65½		67½	61½
Temple Bar.....	261#	-3½	275½	212
Templeton Emrg.....	156	-1	165½	141
The European Inv.Tst.....	97¼	-¾	101	75½
Throgmorton Tst.....	618	-4	641	507
TR Euro.Growth.....	184	-1½	188½	136
TR Prop. IT.....	320	-4½	345	255
Value & Income.....	183½		211½	163
Witan Inv.Trust.....	257½	-2	270	210½
Witan Pacific.....	202	-2	243	176
Wwide Healthcare.....	358½	+1½	358½	288
Financial Services				
3i Group.....	2970	+23	2977	1848
3i Infrastructure.....	328	-5	348	278½
Abdn.....	148¼	-1¼	236¼	136¼

SHARES AT A GLANCE

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
Ashmore Group.....	180	-4	232½	166¼
Guinness Peat Group.....	82½		88¼	64
Hargreaves Lansdown.....	1059	-15	1120	690½
IG Group.....	787½	-3½	822½	611
Intermediate Cap.Grp.....	2270	+24	2394	1255½
International Pers Fin.....	126	+4	131	100½
IP Group.....	47¾	-1¼	61½	43½
Jupiter Fund Man.....	76¼	-1	115	73½
Liontrust Asset Man.....	760	-4	855	523½
London Stock Ex.....	9342	-58	9674	7986
Lonfin.....	50½		55	32
M&G.....	199¼	-3¼	238¼	183
Man Group.....	254½	-1½	277½	202
Paragon Group.....	742½	-10	779½	443½
Provident Financial.....	52¼	-½	211	46¼
Rathbone Brothers.....	1718	-18	1996	1458
S & U.....	1895	-25	2480	1800
Schroders.....	372¼	-8½	464¼	347¼
St James's Place.....	508	-5½	1183	402
Tullett Prebon.....	205½	-3	227½	141
Walker Crips Group.....	23		26½	20½

Fixed Line Telecommunications

Airtel Africa.....	117¼	-1½	133¼	90¼
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BT Group.....	128	-1¼	143¼	102¼
Telecom Plus.....	1858	-22	1900	1362
Food & Drug Retailers				
Greggs.....	2814	-26	2940	2282
Marks & Spencer.....	296½#	-13	313½	185
Ocado.....	351¼	-4	976½	342
Sainsbury (J).....	257#	-6¼	310½	245¼
Tesco.....	302¼#	-3½	315	245½
Food Producers				
A.B. Foods.....	2517#	-29	2738	1869
Anglo-Eastern.....	676	-2	804	652
Carr's Milling.....	146½	+4½	149¼	93¼
Cranswick.....	4265	-20	4465	3170
Glanbia.....	1538½	+66¼	1615¼	1104
Greencore Group.....	168¼	-2	176½	68½
Kerry Grp 'A' Shs.....	6422½	-253¼	7772¼	6051¼
Premier Foods.....	162¼	-1¼	176¼	113¼
REA Holdings.....	95¼	+1½	95½	49¼
Tate & Lyle.....	673½	-8	760	591
Gas, Water & Multiutilities				
Centrica.....	132¼#	-1½	172½	115½
National Grid.....	862¼#	-9½	1050	838½
Pennon Group.....	582	-8½	787	551
Severn Trent.....	2382#	-24	2746	2265
United Utilities.....	997½	-13	1125	900¼
General Industrials				
Bunzl.....	2958#	+10	3306	2687
DS Smith.....	356	-5	413	263¼
Goodwin.....	6280	-80	7300	4200
Melrose.....	622½	+3	677½	446¼
Mondi.....	1478½	-11½	1604	1179¼
Smiths Group.....	1705	-10	1766½	1526
Smurfit Kappa.....	3590	-32	3882	2554
General Retailers				
ASOS.....	362½	-4½	449¼	325
Auto Trader.....	814¼	-9½	834¼	587
B&M Europ Value Ret.....	485	-3½	612½	483½
Caffyns.....	450		580	411
Dixons Carphone.....	78¼	-¼	80	43¼
Dunelm.....	1068	-12	1191	967
Fraser's Group.....	864¼	-7½	938	683
Halfords Group.....	144½	-2½	234	143½
Howden Joinery.....	860	-10	930½	613
JD Sports.....	123½	-¾	175¼	104
Kingfisher.....	254¼#	-4	270½	201¼

COMPANY	CLOSE	+/-	52 WEEK	
			HIGH	LOW
Next.....	9034	-174	9426	6438
Pendragon.....	390		795	310½
Pets At Home.....	295½#	-7½	397½	254½
RM Group.....	86		103½	48
Topps Tiles.....	44#	-1	56½	40½
WH Smith.....	1182	-3	1646	1083
Health Care Equipment & Services				
Convatec Group.....	248½	+3¼	293½	196¼
Flying Brands.....	1¼		5¼	1¼
Smith & Nephew.....	1008½	-18½	1268	896½
Household Goods & Home Construction				
Barratt Development.....	496½	-5¼	566½	392½
Bellway.....	2720#	-34	2860	1920
Berkeley Grp Hldgs.....	5110	-75	5320	3770
Bovis Homes.....	1239	-16	1310	630
Colefax Group.....	855	+5	856	65
Headlam Group.....	152	+2	275	15
Mcbride.....	118½	+½	128	25½
Persimmon.....	1442	-4	1491	960½
Reckitt Benckiser.....	4388	-32	6082	4110
Redrow.....	694½	-8½	739	427½
Taylor Wimpey.....	148¼	-1¼	152½	99½

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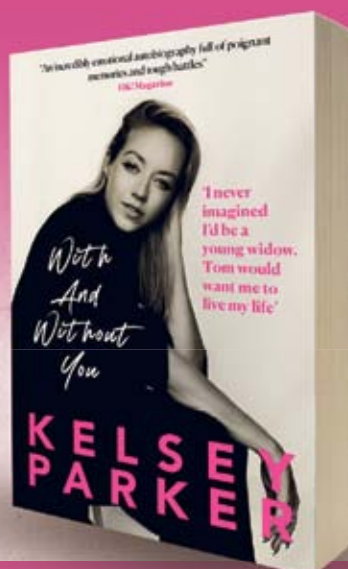
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Racing

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Harrington to step down

By Melissa Jones

THE British Horseracing Authority faces upheaval after chief executive Julie Harrington announced she will relinquish her role by the end of this year. Harrington, below, has encountered various challenges, including the impact of Covid-19, Animal Rising protests and threats of affordability checks since being appointed in 2021.



Recently she led a major project to introduce Premier Racedays, which aim to promote the sport, drive prize money and keep quality horses in Britain. Harrington said: "With so much now in place to develop and grow the industry strategy, which will secure a brighter future for British racing, it felt like the right time to move on and let someone else steer the sport through its next exciting phase."

FUTURE PERFECT

Owners vie to buy Ellison's new star

By Melissa Jones

TRAINER Brian Ellison's phone has been "red hot" with offers to buy shock 125-1 debut winner and possible Royal Ascot hopeful Perfect Part.

The rank outsider rattled home to beat favourite Maw Lam in Saturday's £50,000 Hilary Needler Trophy at Beverley.

With the Royal meeting fast approaching owners, including Wathnan Racing, have been snapping up top contenders in big-money deals.

And the two-year-old Mehmas filly is in demand, after her sparkling introduction raised hopes of a Queen Mary Stakes bid a week today.

"We had a big offer come through this morning," Malton-based Ellison said yesterday.

"And there has been a fair few of them since Beverley. She's not for sale at the moment though." A £10,000 purchase at

BEST PART: Perfect Part wins at Beverley



the breeze-ups in April, Perfect Part was off the mark at owner Keith Brown's local course.

"It was an impressive win in a good time," added her dual-purpose trainer, who gave up his jockeys' licence for his current job in 1989.

"Everything has been fine

with her since, she has been cantering away. We are considering the Queen Mary – what's on the owner's mind is the quick turnaround of 11 days.

"If we do decide to go she certainly wouldn't disgrace herself."

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1 (8) 14-4L95 SHE IS A KEEPER (15) G Kelleway 9-11..... S Osborne 67	11 (declared)
2 (6) 85-8 ● ORGANIC (141) G Boughey 9-11..... P Cosgrave 59	
3 (5) 7-66 DOHA BU THAILA (15) Miss A Murphy 9-11..... S D Bowen(5) 57	
4 (7) 54-L323 SALAAMAAT (6) R Guest 9-10..... G De Sousa 66	
5 (1) 0L-8 WAHKAN (90) G Boughey 9-9..... Grace McEntee(3) 58	
6 (10) 6-53437 TEDDY BROWN (15) M Botti 9-9..... J Gilligan 64	
7 (3) 6LL MIDNIGHT MISSILE (12) M Appleby 9-8..... A Rawlinson 59	
8 (9) 564-297 SHAW'S PHOENIX (21) Alice Haynes 9-8..... K O'Neill 65	
9 (11) L-449 AUSSIE STAR (20) G Margaron 9-4..... T P Queally 62	
10 (4) 904-90 LITTLE SISKIN (15) Tom Clover 9-3..... Doubtful 62	
11 (2) 90L-232 RINNOVATI (8) (F) A Watson 9-3..... H Doyle ★68	

BLINKERS: Nos. 1, 6, 10 CHEEK PIECES: Nos. 3, 7, 8, 11.
SP FORECAST: 4 Rinnovati, 9-2 Organic, 11-2 Salaamaat, 13-2 Teddy Brown, 7 Wahkan, 10 Midnight Missile, Doha Bu Thaila, 12 Shaws Phoenix, She Is A Keeper, 14 Others.
2023: No corresponding race.

2.30 MAIDEN FILLIES' STAKES (GBB RACE)

1 (5) AMERICAN FASHION (F) J & T Gosden 3 9-2..... B Sayette	14 (1)
2 (6) BERNALDA J Ferguson 3 9-2..... R Dawson 59	
3 (7) 8 HELLIE ANGEL (21) Alice Haynes 3 9-2..... K O'Neill 69	
4 (14) L9 HEY BIG SPENDER (28) W Haggas 3 9-2..... A Farragher 59	
5 (3) 7- ● INHERIT (284) Sir M Stoute 3 9-2..... R L Moore 55	
6 (12) 2744-9 LADY PAGASA (39) C Hills 3 9-2..... H Doyle ★83	
7 (2) MY AWELE C Allen 3 9-2..... J Gilligan 73	
8 (9) 6 SANTA CROCE (279) Sir M Stoute 3 9-2..... S Osborne 59	
9 (4) L SHY NALA (50) G Margaron 3 9-2..... C Shepherd 73	
10 (13) SKY SAFARI J Fanshawe 3 9-2..... D Muscutt 59	
11 (11) L-44 SOLO SOLATAIRE (115) M Appleby 3 9-2..... A Rawlinson 59	
12 (10) SULAHA R Varian 3 9-2..... J Mitchell 59	
13 (1) SWISS CABARET J & T Gosden 3 9-2..... R Havlin 70	
14 (8) 6 TIANITA (22) L Wadham 3 9-2..... C Bennett 70	

TONGUE STRAP: No. 14.
SP FORECAST: 7-2 American Fashion, 4 Sula, 6 Swiss Cabaret, 7 Bernalda, 8 Inherit, 10 Santa Croce, 12 Sky Safari, Lady Pagasa, 16 Others.
2023: Desert Voice 3-9-2, Cieren Fallon 14-1 (W Haggas), drawn (5), 13 ran.

3.00 RACEDAY-READY.COM HANDICAP

1 (1) 2018-57 ANNIE LAW (11) D J Fanshawe 4 9-10..... D Muscutt 71	(7)
2 (2) 43-643 ● FIVE WINDS (32) Jack Jones 4 9-10..... H Crouch 71	
3 (2) 627393 MOKAATIL (15) (D) Williams 9 9-6..... S Osborne 71	
4 (4) 671-65L TWAYBLADE (11) (C&D) C Dwyer 4 9-5..... G De Sousa 72	
5 (5) 777512 LILKIAN (15) (D,F) Darryll Holland 7 9-4..... Jason Watson ★73	
6 (7) 112227 WHITE MIST (19) (D) Mrs I G-Leveque 4 9-2..... B Sayette 69	
7 (6) 9L-899 MISS BILLIE (20) M Wigham 4 8-9..... Dylan Hogan 66	

VISOR: No. 6 TONGUE STRAP: Nos. 3, 6 CHEEK PIECES: Nos. 3, 5.
SOFT/HEAVY WINNERS: Nos. 4.
SP FORECAST: 3 Mokaatil, 7-2 Five Winds, 9-2 Lilkian, 11-2 Annie Law, 6 White Mist, 13-2 Twayblade, 14 Miss Billie.
2023: Tomshalfbrother 7-9-10, Marco Ghiani 13-2 (R Cowell), drawn (4), 9 ran.

3.30 PAUL CORRIGAN MEMORIAL HANDICAP

1 (1) 4220-87 POLEMON (24) A Watson 5 9-11..... H Doyle 70	(8)
2 (4) 0601-1 ● BALTIC (25) T Harry Charlton 4 9-11..... R L Moore 70	
3 (3) 423332 GOLD AURA (14) Jack Jones 4 9-11..... H Crouch 74	
4 (7) 43-1543 ELOPED (39) J Feilden 4 9-8..... Dylan Hogan 73	
5 (6) 0-98732 KOJIN (1) Williams 6 9-6..... S Osborne ★76	
6 (2) 628-446 CHURCHILL ROSE (12) (C&D) C Fellows 4 8-11C Shepherd73	
7 (8) L28-941 ELJAYTEE (15) (C,F) J Berry 6 8-6..... Jimmy Quinn 74	
8 (5) 6L4L-50 BLONDELLE (15) C Dunnett 4 8-4..... K O'Neill 75	

VISOR: No. 6 TONGUE STRAP: Nos. 1, 4, 5 CHEEK PIECES: Nos. 2, 5, 7.
HOOD: Nos. 3, 8.
SOFT/HEAVY WINNERS: Nos. 7.
SP FORECAST: 13-8 Baltic, 5 Kojin, Eljaytee, 11-2 Gold Aura, 6 Elopel, 8 Churchill Rose, 25 Polemon, 100 Blondelle.
2023: No corresponding race.

TRACK FACTS: GOING: Soft. Left Handed. TOP TRACK TRAINER (2019-24): Hollie Doyle 24% Strike rate. TOP TRACK TRAINER (2019-24): J & T Gosden 29% Strike rate. FIRST TIME: 2.00 Midnight Missile (cheek pieces), Doha Bu Thaila (cheek pieces), Shaws Phoenix (cheek pieces), Little Siskin (blinkers), 3.30 Churchill Rose (visor), 4.30 Ayurveda (blinkers), Priscilla's Joy (blinkers), BEATEN FAVORITES: 2.00 Teddy Brown(hcp), 3.30 Kojin(hcp), 4.00 Baltimore Boy(hcp), 4.30 Dashing Donkey(hcp), Haaf A Diamond(hcp). DRAW: High numbers best on the straight course, especially in large fields. LONGEST TRAVELLER: Nap Hand (4.00) 230 miles. STABLE SWITCH: 2.00 Organic from Harry Eustace to G Boughey, 2.30 Solo Solataire from P Gallagher in United States to M Appleby.

GOSSIP FROM THE GALLOPS

South: MAGIC MEMORIES (4.00 Yarmouth) Lambourn: STOCKPYLE (5.05 Kempton) Newmarket: KITTY FURNIVAL (5.40 Kempton) North: MR IRRELEVANT (7.20 Hamilton)

4.00 JOIN MOULTON RACING SYNDICATE H'CAP

1 (5) 091-356 DIDEROT (75) (D) J Ferguson 6 9-11..... Doubtful 92	(9)
2 (2) 1410L/5 ● LEUVEN POWER (23) (D) R Varian 5 9-10S De Sousa 90	
3 (1) 31229 LAKOTA BRAVE (21) (D) A Watson 4 9-8..... H Doyle ★95	
4 (9) 68-5053 BALTIMORE BOY (21) (D) James Horton 5 9-5..... A Farragher 92	
5 (8) 413-582 MAGIC MEMORIES (20) (D) G & J Moore 4 9-4..... T P Queally 92	
6 (7) 14522/5 NAP HAND (21) (T) A King 4 9-4..... R Coakley 92	
7 (6) 241-130 LADY OF ARABIA (42) (D) E Houghton 4 9-2..... Doubtful 92	
8 (4) 231661 BOLD RIBB (229) J Ryan 5 9-0..... S D Bowen(5) 92	
9 (3) 11115 LOUGH LEANE (24) (D) D M Simcock 4 8-13..... C Shepherd 94	

TONGUE STRAP: No. 5 CHEEK PIECES: Nos. 4, 8 HOOD: Nos. 1, 6.
SOFT/HEAVY WINNERS: Nos. 5.
SP FORECAST: 11-4 Magic Memories, 9-2 Leuven Power, Baltimore Boy, 11-2 Nap Hand, 13-2 Bold Ribb, 7 Lakota Brave, 11 Lough Leane.
2023: Diamondonthehill 5-9-8, Oisín Murphy 9-4 Fav (M Dods), drawn (6), 6 ran.

4.30 CLASSIFIED STAKES

1 (15) 63623 DARKER (9) R Carr 5 9-11..... C Howarth(3) 51	(16)
2 (9) L56943 FLYING PANTHER (30) (D) James Owen 4 9-11..... Doubtful 52	
3 (11) 231-767 HAAF A DIAMOND (16) (D) K Frost 4 9-11..... Alec Volkhansky(3) 52	
4 (16) IL-L086 PRIMROSE MAID (16) (C) C Dunnett 4 9-11..... R Ffrench 42	
5 (8) 070- PROVOCATEUR (459) G Scott 4 9-11..... C Shepherd 56	
6 (7) 645754 SPLIT ELEVENS (5) (D) J Butler 6 9-11..... D Keenan 52	
7 (3) 4-55187 STRUCK GOLD (78) (D) J Butler 4 9-11..... S Osborne 56	
8 (14) 0-0L AYURVEDA (44) J Ferguson 3 9-0..... D Muscutt 38	
9 (10) 93827 ● DASHING DONKEY (9) W Stone 3 9-0..... H Doyle ★57	
10 (6) 351666 DIRE WOLF (20) A West 3 9-0..... R Havlin 52	
11 (2) LLL JONATHAN'S LADY (20) C Dunnett 3 9-0..... J Haynes 50	
12 (4) 6L7883 KEEN INTEREST (37) (F) Alice Haynes 3 9-0..... K O'Neill 55	
13 (12) LLL-L0 LADY INVICTUS (25) I Furtado 3 9-0..... Elle-May Croot(7) 30	
14 (13) 0L0-09L PRISCILLA'S JOY (22) P McBride 3 9-0..... A Farragher 32	
15 (5) L7L ROCK AND ROYAL (34) D Cunha 3 9-0..... G Wood 46	
16 (1) 6-41356 TENYATTA (28) James Owen 3 9-0..... S D Bowen(5) 55	

BLINKERS: Nos. 1, 6, 7, 8, 10, 14 TONGUE STRAP: Nos. 2, 10 CHEEK PIECES: Nos. 2, 16 HOOD: Nos. 4, 2, 11, 15.
SOFT/HEAVY WINNERS: Nos. 4.
SP FORECAST: 11-2 Dashing Donkey, 6 Split Elevens, Keen Interest, 7 Haaf A Diamond, Darker, 15-2 Dire Wolf, 8 Tenyatta, 12 Others.
2023: No corresponding race.

VITAL STATISTICS

IN-FORM TRAINERS (last 10 days) D Thompson 75% (1 wins and 2 places from 4 runners), R Guest 71% (1/4/7), W Muir & C Grassick 62% (4/6/16).
IN-FORM JOCKEYS Kaiya Fraser 67% (3 wins and 1 places from 6 runners), Robert Havlin 62% (2/3/8), Ryan Moore 62% (5/3/13), James Doyle 54% (7/7/26).

RESULTS

Guerriero). Tote: £9.00; pl £2.50, £1.40, £3.90. exacta: £30.90. tricast: £421.86. triffecta: £319.60. CSF: £35.83. Non-runner: Dream Jet.
3.50-SHINJI (S Bowen, 10-3 jt fav) 1; Dog Fox (9-2) 2; City Of Ruins (33-1) 3. H'cap 13 ran. 4/4L, 2/4L. (M Keighley; 10-3 jtfav Alright Dai). Tote: £4.34; pl £1.80, £1.90, £4.30. exacta: £21.00. tricast: £424.60. triffecta: £267.90. CSF: £16.96. Non-runners: Sanitiser.
4.20-CATCHIM (R T Dunne, 10-1) 1; Chancycourt (2-1 fav) 2; Electric Jet (18-5) 3. 14 ran. 2/4L, 3/4L. (C & A Pogson). Tote: £11.30; pl £1.60, £2.90, £1.40. exacta: £45.90. triffecta: £182.10. CSF: £31.10.
4.55-BETHPAGE (T Bellamy, 5-2 fav) 1; Auditoria (11-2 jt 2nd fav) 2; Culligran (7-1) 3. H'cap 9 ran. 2/4L, 9/4L. (E Lavelle). Tote: £3.50; pl £1.20, £2.10, £2.40. exacta: £14.00. tricast: £83.40. triffecta: £89.60. CSF: £16.71. Non-runner: Misscariett.
5.30-EMILY WADE (J England, 10-3 2nd fav) 1; Fiadh (12-1) 2; Far Away West (25-1) 3. H'cap 7 ran. 3/4L, 2/4L. (S England; 2-1 fav Mrs Tabitha). Tote: £4.34; pl £2.00, £5.40. exacta: £34.60. tricast: £824.49. triffecta: £458.00. CSF: £36.94. Non-runners: Lady Salvador, Mays Hill.
6.05-BALLYVAUGHAN BAY (T Bellamy, 14-1) 1; Hobb's Delight (15-8 fav) 2; Starlyte (7-1) 3. H'cap 12 ran. 1/4L, 4/4L. (D J Jeffreys). Tote: £15.90; pl £4.30, £1.10, £2.20. exacta: £54.10. tricast: £213.71. triffecta: £309.00. CSF: £41.01. Non-runner: The Wise Traveller.
Placepot: £15.60 (Race 1) 6, 1, 8; (2) 2, 1; (3) 5, 2, 4; (4) 2, 5, 7; (5) 2, 3, 4; (6) 1, 3, 5. Quadpot: £7.20
WETHERBY: Good
5.25-YES I'M MALI (Oisín Orr, 9-4 fav) 1; Territorial Knight (5-2 2nd fav) 2; Misdeavours (12-1) 3. 10 ran. 1/4L, 2/4L. (R Fahey). Tote: £3.25; pl £1.30, £1.40, £2.80. exacta: £7.70. triffecta: £55.50. CSF: £7.44.
6.30-LESLEY'S BOY (Oisín Orr, 5-4 fav) 1; Bella Love (16-1) 2; Tees Aggregates (6-1) 3. 9 ran. 1/4L, 3/4L. (R Fahey). Tote: £2.25; pl £1.10, £3.50, £1.80. exacta: £25.00. triffecta: £183.60. CSF: £24.95.
6.30-TIARAQUEEN (C Fallon, 11-2) 1; Thunder Run (7-2 2nd fav) 2; Warrior's Dance (15-2) 3. H'cap 11 ran. 1/4L, 1/4L. (L Russell). Tote: £4.34; pl £1.90, £2.10, £2.90. exacta: £22.20. tricast: £141.65. triffecta: £144.30. CSF: £23.03. Non-runners: Atlantic Gamble, Organic.

In-form Falls on the up for Scott

By The Scout

SACRED FALLS (7.50, Nap) is the smart choice to land successive victories for trainer Katie Scott.

The in-form Hamilton runner scored with a bit in hand at Carlisle recently, finding extra for pressure with first-time cheekpieces.

It followed a bold effort over course and distance, when Dark Angel's daughter was pipped by rallying leader Iris Dancer.

Assisted by 5lb claimer William Pyle, my selection can make the most of bottom weight in the Achieve More With Indigo Unified Comms Handicap.

PALS BATTALION (7.20, trb) is fancied to reverse track form with Mr Irrelevant by taking the 6f Indigo Handicap. He finished his last race well after a sluggish start and has been given a chance by the handicapper. Fontwell's



TIPPED: Sacred Falls

opener, the Download The Yeeehaaaa.Bet App Novices' Hurdle, is a head-to-head between Gwash and my selection, PYFFO (2.13, nb).

Jonjo O'Neill's trainee proved himself in handicap company before an uncharacteristic below-par run around Hereford.

Following a break of 30 days, the six-year-old can bounce back under Richie McLernon.

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England stars in talks for new deal

SQUAD JETS OFF WITH PAY UP IN AIR

ENGLAND fly to Japan today with clouds still hanging over their immediate contract futures.

Ellis Genge and Anthony Watson, two of five players who are directors of Team England Rugby Ltd which was formed last December, met yesterday with RFU CEO Bill Sweeney, right, at Twickenham.

The union are meant to be introducing enhanced Elite Player Squad (EPS) contracts for 25 elite players and, while Jamie George and Maro Itoje have agreed deals, nothing is nailed down.

The current eight-year RFU deal with the clubs expires at the end of the month and players are still unsure of their

By Adam Hathaway

contracts moving forward. Two months ago, leading club chiefs Mark McCall, of Saracens, and Exeter's Rob Baxter urged the union to sort it out quickly, as it had knock-on effects for Premiership outfits.

George and Itoje, plus prop Joe Marler, are also directors of the new company, but trained ahead of the tour to Japan and New Zealand as talks went on.

But George insisted the five were not leading a player revolt and the RFU have been open to squad demands.

The England captain said: "It's not us versus them. That was exactly why we wanted to do what we have done. Before

it just didn't work, the synergy just wasn't there. We want to go in and say, 'Let's have this conversation'.

"We understand that this is a business and the RFU got hit hard by Covid. They are being open and honest about showing us the books, the finances go way over my head, but we've got other people who are able to understand it."

The England men's squad ended a 20-year association with the Rugby Players' Association earlier this year to front their own talks with Twickenham chiefs.

George added: "The best thing about the players having control of our contracts and futures, is being at the forefront of it. We have the right people in the right place."

WAITING GAME: The RFU are trying to thrash out new deals for England players



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5.05 APPRENTICE HANDICAP
£4,187 (Class 5) 1m (11 declared)
1 (4) 446 MISS DOLLY ROCKER (21) (C&D) R Teal 4 10 2.....J Jack Enright(5)
2 (1) 9-47 YEOMAN (31) J Fanshawe 4 10 1.....J Leavy
3 (11) 20-6 QUIET SEA (37) Harry Charlton 4 10 0.....Millie Wonnacott
4 (8) 685 FRANCESCI (7) (D) S Woods 5 10 0.....Kaiya Fraser
5 (7) 629 DEMBE (63) (C,D) S Pearce 6 9 12.....T Jakes
6 (6) L-42 ● STOCKPYLE (7) W Muir & C Grassick 5 9 12.....Jack Doughty(3)
7 (5) 3-29 RED HAT EAGLE (25) (C&D,F) W Knight 4 9 10.....Ethan Jones(3)
8 (9) 452 L'ARGENT (111) M Appleby 4 9 9.....S Feilden(3)
9 (3) 51-2 IVASECRET (14) (C&D) I Williams 6 9 8.....R Kavanagh(5)
10(10) 687 PLATINUM JUBILEE (14) D Donovan 4 9 5.....L Catton
11 (2) 543 CAPUCHINERO (14) Alice Haynes 5 9 2.....Anna Gibson(5)
TONGUE STRAP: Nos. 10, 11 CHEEK PIECES: No. 11 HOOD: No. 3.
W-Factor: Stockpile (81); Miss Dolly Racker (80); Francesci (79).
SP FORECAST: 9-2 Stockpile, 5 Ivasecret, 13-2 Red Hat Eagle, 7 Miss Dolly Racker, L'Argent, 8 Francesci, 10 Dembe, Capuchinero, Yeoman, 12 Others.

5.40 UNIBET/EBF MAIDEN FILLIES' STAKES
£3,780 (5)1m 2f 219yds (14)
1 (7) 78 ANNA OF SAXONY (12) W Kittow 4 10 2.....L Keniry
2 (5) L8 POPPYDORA (19) W Knight 4 10 2.....N Callan
3 (13) ● AL HAAL Owen Burrows 3 9 2.....J Crowley
4 (11) 56 ALL TOO WELL (19) J & T Gosden 3 9 2.....T Heard(3)
5 (10) AUTUMN'S BREEZE G & J Moore 3 9 2.....R Clutterbuck
6 (9) 3-3 INCENSED (25) (F) A Balding 3 9 2.....O Murphy
7 (6) INLET Sir M Stoute 3 9 2.....R Kingscote
8 (12) 4-2 KITTY FURNIVAL (16) S & E Crisford 3 9 2.....W Buick
9 (3) ONE GLANCE A King 3 9 2.....D Probert
10 (1) 73 PANTHERA (4) D Menuisier 3 9 2.....Kyle Strydom
11 (8) REACHING THE MOON W Kittow 3 9 2.....R Hornby
12(14) 0-9 SAPHIRE SIROCCO (2-6) P Phelan 3 9 2.....P Bradley
13 (4) TO MONTARE J & T Gosden 3 9 2.....Doubtful
14 (2) ZILFEE (F) J & T Gosden 3 9 2.....K Shoemark
HOOD: No. 9.
W-Factor: Kitty Furnival (80); Incensed (71); Panthera (62).
SP FORECAST: 2-6 Kitty Furnival, 11-4 Zilfee, 9-2 Incensed, 7 Al Haal, 15-2 Inlet, 12 Panthera, 25 Autumn's Breeze, One Glance, 33 Others.

6.10 MAIDEN FILLIES' STAKES 2YO
£3,672 (5) 7f (9)
1 (6) ● ART PATRON (F) A Balding 9 2.....O Murphy
2 (3) EIGHTH AVENUE (F) S & E Crisford 9 2.....Billy Loughnane
3 (5) 00 IT'S LIFE (13) W G M Turner 9 2.....L Keniry
4 (1) 0 MARRAKESH DAWN (21) M Usher 9 2.....G Rooke
5 (4) 0 MYSTICAL ELEGANCE (8) D F Davis 9 2.....David Egan
6 (9) NEVER THE TWAIN A Watson 9 2.....J Crowley
7 (2) RIDGEWAY REDWING D Coakley 9 2.....G Bass(3)
8 (8) THE TERMINUS Sir M Stoute 9 2.....R Kingscote
9 (9) VERASION Dr R Newland & J Insole 9 2.....K Shoemark
W-Factor: It's Life (66); Mystical Elegance (36); Marrakesh Dawn (34).
SP FORECAST: 5-2 Art Patron, 3 Eighth Avenue, 9-2 Never The Twain, 5 The Terminus, 8 Verasion, 10 Mystical Elegance, 16 Ridgeway Redwing, 50 It's Life, Marrakesh Dawn.

6.40 HAMPTON 3YO
£5,757 (4) 6f (11)
1 (7) 8-30 KINGDOM OF RICHES (18) R Beckett 9 11.....Rossa Ryan
2 (3) 1-90 CITY HOUSE (39) (C&D) J Fanshawe 9 9.....Billy Loughnane
3 (1) 31-1 ROSA APPLAUSE (4) (D,F) S & E Crisford 9 9.....W Buick
4 (2) 2-13 ● BLUE DAY (4) (D) Harry Charlton 9 8.....O Murphy
5 (11) 948 SOLAR ACLAIM (25) (H) Al Jehani (UAE) 9 7.....James Doyle
6 (9) 3-11 JIMMY SPEAKING (33) (D) C Dwyer 9 6.....L Edmunds
7 (10) 7-46 MAXIMUM IMPACT (39) G Scott 9 3.....Doubtful
8 (5) 607 BETTIES BAY (19) D G Nicholls 9 3.....J Bryan
9 (6) 439 DRAMA (25) (D) J Ferguson 9 2.....T Marquand
10 (4) 214 DIFFERENT BREED (37) S Hodgson 8 11.....W Carver(3)
11 (8) 430- STANLEY SPENCER (293) J Tate 8 9.....D Probert
TONGUE STRAP: Nos. 2, 5, 9 CHEEK PIECES: Nos. 6, 9.
W-Factor: Betties Bay (95); City House (94); Solar Aclaim (93).
SP FORECAST: 5-2 Rosa Applause, 11-4 Blue Day, 6 Jimmy Speaking, City House, 12 Drama, Kingdom Of Riches, 14 Stanley Spencer, 20 Different Breed, 25 Others.

HAMILTON RTV

THE SCOUT
6.20 Global Humor 7.50 SACRED FALLS (nap)
6.50 Dramatic Star 8.25 Refuge
7.20 PALS BATTALION 9.00 Shahnaz

6.20 AMATEUR JOCKEYS' HANDICAP
£3,477 (Class 6)6f 6yds(14 declared)
1 (7) 948 THE GAY BLADE (15) (C&D) J Jardine 5 11 3.....Mr Dominic Hislop(5)
2 (10) 1L3 CAPTAIN DANDY (15) (D,F,T) R Fahey 4 11 3.....Mr E Cagney
3 (3) 327 STORMY PEARL (15) (C&D) D Thompson 4 11 2.....Mr Ned Sangster(7)
4 (4) 55-5 GATWICK KITTEN (32) (D,T) E Dunlop 7 11 1.....Miss Sophie Smith
5 (5) 89-0 SAYALAS (28) (C,D,T) A Wintle 9 11 1.....Miss K Ruddy(7)
6 (11) 110 SIRIUS WHITE (55) I Morgan 5 11 1.....Miss Elsie Mayo(5)
7 (8) 545 ● GLOBAL HUMOR (11) (C&D) J Goldie 9 11 0.....Miss A Keighley
8 (2) 243 BERNIE THE BEAR (26) (D) Miss L Perratt 4 10 13.....Miss Megan Davies(7)
9 (9) 026 MR TREVOR (4) (C&D) Mrs A Duffield 6 10 11.....Miss Serena Brotherton
10(13) 000 BEN DIKUD (25) M Walford 4 10 9 Miss Alice Cooke(7)
11 (6) 855 HARD SOLUTION (13) (C&D) R Carr 8 10 7.....Mr Jack Nicholls(3)
12(12) 084 PEACHEY CARNEHAN (15) (C&D,T) M Mullineaux 10 10 7.....Miss Katie Garton(5)
13 (1) 050 JACKMEISTER RUDI (15) (D) K Scott 5 10 7.....Mr Jake Dickson(7)
14(14) L50 DODGY BOB (15) (C&D,T) M Mullineaux 11 10 7.....Mr S Perry(7)
BLINKERS: Nos. 7, 8, 11, 14 VISOR: Nos. 6, 9, 12.
TONGUE STRAP: No. 4, CHEEK PIECES: Nos. 3, 5, 13.
W-Factor: Stormy Pearl (47); Bernie The Bear (46); Captain Dandy (45).
SP FORECAST: 9-2 Captain Dandy, 5 Mr Trevor, 7 Global Humor, Bernie The Bear, 8 Stormy Pearl, Hard Solution, 10 Others.

6.50 HAMILTON PARK MAIDEN STAKES
£4,050 (5)1m 3f 15yds (9)
1 (8) L7 TROJAN SUN (13) J Goldie 4 10 2.....Amie Waugh(5)
2 (9) 34 BEBETO (13) J Goldie 3 9 2.....P Mulrennan
3 (5) 32 ● DRAMATIC STAR (33) J Waggas 3 9 2.....C Fallon
4 (7) 5 GREY NYLE (244) C Johnston 3 9 2.....J Fanning
5 (1) 33-8 TEMPLE CITY (54) (F) K R Burke 3 9 2.....C Lee
6 (2) L VALUED (25) E Bethell 3 9 2.....C Rodriguez
7 (6) 32 LUCKYEYS (92) I Jardine 3 9 11.....A Mullen
8 (4) PIVOTAL BEAR M Dods 3 8 11.....C Beasley
9 (3) 3 WADACRE TIVOLI (24) C Johnston 3 8 11.....J Hart
CHEEK PIECES: No. 6.
W-Factor: Dramatic Star (76); Luckyeys (75); Temple City (74).
SP FORECAST: Evens Dramatic Star, 10-3 Temple City, 7 Luckyeys, 8 Wadacre Tivoli, 12 Grey Nyle, 16 Pivotal Bear, 25 Valued, 33 Bebito, 100 Trojan Sun.

7.20 INDIGO UNIFIED COMMS HANDICAP
3YO£5,286 (4)6f 6yds (6)
1 (3) 101 MR IRRELEVANT (10) (C&D) G Tuer 9 12(6ex).....Brandon Wilkie(5)
2 (2) 11 BENGURION (21) (D) C Johnston 9 11.....J Fanning
3 (1) 251 DUBAI HILLS (42) (D,F,T) Miss A Murphy 9 6.....J Hart
4 (4) 807 ANGEL OF ENGLAND (5) (D) E Bethell 9 6.....C Rodriguez
5 (6) 344 ● PALS BATTALION (10) D O'Meara 9 2.....D Nolan
6 (5) 133 MOYOLA (18) (D) L Russell 8 12.....Oisín Orr
BLINKERS: Nos. 3, 4, TONGUE STRAP: No. 6.
W-Factor: Moyola (89); Dubai Hills (88); Pals Battalion (87).
SP FORECAST: 9-4 Dubai Hills, 7-2 Bengurion, 4 Mr Irrelevant, 5 Pals Battalion, 7 Moyola, 8 Angel Of England.

THE SCOUT
5.05 Stockpile 7.10 Aiming High
5.40 Al Haal 7.40 Prince Ali
6.10 Art Patron 8.15 Night Breeze
6.40 Blue Day 8.45 Wannabe Brave

7.10 FILLIES' HANDICAP
£4,187 (5)1m 3f 219yds (7)
1 (4) 9-12 ● AIMING HIGH (8) D M Simcock 5 10 4.....H Turner
2 (2) 063 MEASURED MOMENTS (15) (F) J Butler 5 9 10.....N Callan
3 (1) 214 REYAADAH STAR (22) (C,T) C Johnston 3 9 2.....James Doyle
4 (7) 323 FREE SPEECH (30) E Dunlop 3 9 0.....David Egan
5 (6) 332 COLLEGE CHOIR (16) W Haggas 3 9 0.....T Marquand
6 (3) 3-6L MALINKA (23) R Beckett 3 8 11.....Rossa Ryan
7 (5) 64-7 WARBLER (157) H Morrison 3 8 10.....Billy Loughnane
CHEEK PIECES: No. 5 HOOD: No. 1.
W-F: Measured Moments (74); Aiming High (73); Free Speech (72).
SP FORECAST: 10-3 Measured Moments, 7-2 Aiming High, 4 Others.

7.40 HANDICAP (DIV 1)
£3,140 (6)1m 2f 219yds (10)
1 (10) L2-5 EAGLE ONE (141) N Twiston-Davies 6 9 11.....L Keniry
2 (5) 237 BUSBY (29) (C,F,T) P Kirby 9 9 11.....D Probert
3 (6) 230 THE BAY WARRIOR (28) (C&D) M Usher 6 9 10.....R Clutterbuck
4 (7) 230 ● PRINCE ALI (60) D Faulkner 6 9 9.....O Murphy
5 (4) 0-40 FICTONAL (35) R Hughes 4 9 8.....F Marsh
6 (3) 7-87 DARKZIDEOTHEMOON (21) J Butler 4 9 7.....N Callan
7 (8) 622 FOUGERE (33) D Vory 4 9 7.....L Morris
8 (9) 0-48 NOSTROMO (9) R Teal 4 9 5.....L Edmunds
9 (1) 423- SHOWLAN SPIRIT (182) G Baker 5 9 3.....Doubtful
10 (2) 31-7 ASSEMBLED (21) (C,D) M Rimell 8 9 2.....R Hornby
TONGUE STRAP: Nos. 1, 10 CHEEK PIECES: Nos. 2, 3, 5.
W-Factor: Prince Ali (72); The Bay Warrior (77); Showlan Spirit (70).
SP FORECAST: 7-2 Fougere, 5 Fictional, 11-2 Busby, 6 Prince Ali, 7 Others.

8.15 HANDICAP (DIV 2)
£3,140 (6)1m 2f 219yds (10)
1 (5) 41-5 STRIKE ALLIANCE (20) H Dickinson 4 9 11.....O Murphy
2 (8) 4-17 ORIENTAL ART (25) D M Simcock 6 9 11.....H Turner
3 (6) 344 CHAGALL (11) (F) Jack Jones 8 9 10.....Rossa Ryan
4 (7) 131- GLOBET OF FIRE (J25) N Henderson 4 9 8.....K Stott
5 (3) 842 ● NIGHT BREEZE (5) I Williams 4 9 8.....W Buick
6 (1) 265 FRAYANCO (38) M Madgwick 5 9 7.....G Rooke
7 (4) 13-L SEXY REXY (9) G Harris 4 9 6.....Billy Loughnane
8 (9) 333 DEVIZES (21) (C) P Phelan 8 9 5.....P Bradley
9 (10) 398 LOGISTICAL (J34) S Hodgson 4 9 2.....W Carver(3)
10 (2) 00/L COLONIAL LOVE (32) K Frost 6 8 9.....L Morris
CHEEK PIECES: Nos. 6, 7, 9.
W-Factor: Logistical (73); Frayanco (72); Chagall (71).
SP FORECAST: 3 Globet Of Fire, 4 Night Breeze, 9-2 Strike Alliance, 6 Others.

8.45 RACINGTV.COM HANDICAP
£4,187 (5)1m 7f 218yds (8)
1 (8) 123 DAMASCUS STEEL (8) (C) E Dunlop 4 9 11.....Rossa Ryan
2 (7) 4-31 LE ROUGE CHINOIS (144) (D) M Appleby 4 9 10.....S Feilden(7)
3 (4) 38/L IMPHAL (21) (D) P Butler 10 9 9.....Jack Doughty(7)
4 (6) 614 ABRAAJ (13) (D) S Pearce 6 9 8.....D Probert
5 (1) L16- SKY POWER (J168) R Stephens 7 9 5.....F Marsh
6 (2) 111 ● WANNABE BRAVE (13) (C&D,F) J Fanshawe 5 9 3.....O Murphy
7 (3) L/42- HOME AND DRY (J36) (D) D Faulkner 6 9 1.....L Morris
8 (5) 327- TAZAMAN (636) (C) K Frost 7 9 0.....Billy Loughnane
BLINKERS: No. 1 VISOR: No. 6 TONGUE: No. 5 CHEEK: No. 7.
W-F: Home And Dry (78); Le Rouge Chinois (77); Damascus Steel (76).
SP FORECAST: 2 Wannabe Brave, 7-2 Damascus Steel, 9-2 Abraaj, 5 Others.
TRACK FACTS: GOING: Standard. Right Handed. TOP TRACK JOCKEY (2019-24): Oisín Murphy 20% Strike rate. TOP TRACK TRAINER (2019-24): A Balding 16% Strike rate. FIRST TIME: 5-40 One Glance (hood), 6-40 Jimmy Speaking (cheek pieces), Drama (cheek pieces, tongue strap), 7-40 Fictional (cheek pieces), 8-15 Frayanco (cheek pieces), 8-45 Sky Power (tongue strap, wind surgery), Home And Dry (cheek pieces). BEATEN FAVOURITES: 5-05 Dembe(hcp), Stockpile(hcp), Yeoman(hcp), 6-10 Mystical Elegance. 6-40 Blue Day(hcp), 7-40 Fictional(hcp), 8-45 Damascus Steel(hcp). DRAW: No advantage. LONGEST TRAVELLER: Solar Aclaim (6-40) United Arab Emirates; Busby (7-40) 254 miles. STABLE SWITCH: 8-15 Goblet Of Fire from N Tinkler to N Henderson. 8-45 Tazaman from M Loughnane to K Frost.

7.50 HANDICAP
£5,286 (4) 6f 6yds (7)
1 (6) 877 JUMP THE GUN (11) (C,D) I Jardine 7 9 9.....A Jary(5)
2 (3) 604 HOW IMPRESSIVE (12) (D,T) H Palmer 5 9 9.....Brandon Wilkie(5)
3 (2) 5-62 WINTER CROWN (16) (D,T) J Camacho 4 9 7.....J Hart
4 (1) 110 JORDAN ELECTRICS (10) (C&D) J Goldie 8 9 7.....P Mulrennan
5 (4) 111 CATHERINE CHROI (14) (C&D,F) I Jardine 6 9 5.....M Tabti(5)
6 (5) L6L POCKLEY (6) (D) Miss L Perratt 6 9 3.....D Allan
7 (7) 921 ● SACRED FALLS (23) (D) K Scott 4 9 0.....W Pyrie(5)
BLINKERS: No. 5 TONGUE STRAP: No. 2 CHEEK PIECES: Nos. 1, 7.
W-Factor: How Impressive (92); Jump The Gun (91); Sacred Falls (90).
SP FORECAST: 5-2 Sacred Falls, 3 Catherine Chroi, 7-2 Jordan Electrics, 6 Winter Crown, 7 How Impressive, 10 Jump The Gun, 25 Pockley.

8.25 RACINGTV HANDICAP
£3,926 (5) 5f 7yds (11)
1 (4) 007- BOROUGH (264) (C&D) I Jardine 4 9 10.....M Tabti(5)
2 (3) 246 DICKO THE LEGEND (12) L Bailey 4 9 8.....G Garrity
3 (7) 764 SOUND REASON (6) (D,T) D O'Meara 4 9 8.....Mark Winn(3)
4 (2) 8L5 NEWYORKSTATEOFMIND (11) (C&D) R Carr 7 9 7.....JP Sullivan
5 (8) 323 WEE FAT MAC (103) (D) I Jardine 5 9 7.....A Mullen
6 (5) 555 HENRY HAWK (21) (D) Miss L Perratt 5 9 6.....C Beasley
7 (10) 032 ACES WILD (20) (D,T) A Wintle 5 9 6.....C Hardie
8 (1) 0L4 ● REFUGE (7) (C&D) M & D Esterby 7 9 4.....Joanna Mason
9 (11) 644 RAMON DI LORIA (14) (D) Ewan Whillans 6 9 3.....R Scott
10 (6) 181 SKI ANGEL (11) (C&D) R M Smith 4 8 13.....D Allan
11 (9) 9-58 CUBAN ROCK (11) J Goldie 4 8 4.....Amie Waugh(5)
TONGUE STRAP: Nos. 5, 8 CHEEK PIECES: No. 3.
W-Factor: Dicko The Legend (81); Wee Fat Mac (80); Borough (79).
SP FORECAST: 4 Ski Angel, 5 Aces Wild, 11-2 Sound Reason, 6 Wee Fat Mac, 7 Refuge, 10 Newyorkstateofmind, 12 Borough, Dicko The Legend, Ramon Di Loria, 16 Others.

9.00 HANDICAP
£3,664 (6)1m 68yds (14)
1 (7) 346 JAMINOZ (10) (C) L Russell 5 10 3.....Archie Young(7)
2 (3) 511 LEDGER (14) (C&D) L Russell 4 10 2.....Brandon Wilkie(5)
3 (13) 57-1 GOLDEN VALOUR (21) (D) R M Smith 8 9 13.....P Mathers
4 (4) 57-5 ● SHAHNAZ (26) (C&D) D Bourke 5 9 11.....J Hart
5 (14) 60L LOPE DE RUEDA (33) R Menzies 4 9 8.....C Fallon
6 (1) 665/ BELLSLEA (J27) R M Smith 5 9 8.....D Allan
7 (2) 8-93 EPONA PAS (14) J Goldie 4 9 8.....P Mulrennan
8 (5) 9-01 TRUE NATION (7) (D,T) R Fahey 4 9 6.....Oisín Orr
9 (10) 387 RETIREMENT BECKONS (21) (C&D) Miss L Perratt 9 9 5.....C Beasley
10(12) 6L0 VITRINA (25) E Bethell 3 9 5.....C Rodriguez
11 (8) 5L-7 DINGWALL (44) I Jardine 3 9 3.....A Mullen
12 (11) 5-44 CHINESE SPIRIT (11) C Miss L Perratt 10 9 3.....C Hardie
13 (9) 7-02 NATIONAL QUESTION (11) A Nicol 4 9 3.....D Nolan
14 (6) L9-4 MILTONIA (20) R Carr 5 9 2.....JP Sullivan
BLINKERS: Nos. 1, 2, 11, 13 TONGUE STRAP: No. 5.
HOOD: No. 5.
W-Factor: True Nation (65); Chinese Spirit (64); Jaminoz (62).
SP FORECAST: 9-2 True Nation, 5 Ledger, 6 Golden Valour, 7 Vitrina, 10 Shahnaz, Jaminoz, Dingwall, Epona Pas, 14 Others.
TRACK FACTS: GOING: Good to Firm. Right Handed. TOP TRACK JOCKEY (2019-24): Paul Mulrennan 17% Strike rate. TOP TRACK TRAINER (2019-24): J Goldie 11% Strike rate. FIRST TIME: 6-50 Grey Nyle (wind surgery), Valued (cheek pieces), 7-20 Angel Of England (blinkers), 9-00 Dingwall (blinkers). BEATEN FAVOURITES: 7-20 Angel Of England(hcp), Pals Battalion(hcp), 8-25 Aces Wild(hcp). DRAW: Low to middle numbers best in sprints, especially on soft ground. LONGEST TRAVELLER: Gatwick Kitten (6-20). Dramatic Star (6-50), Dubai Hills (7-20) 360 miles. STABLE SWITCH: 9-00 Bellslea from K Dalgleish to R M Smith.

FONTWELL SSR

THE SCOUT
2.13 PYFFO (nb) 4.13 Dacey Rielly
2.43 Paddy De Pole 4.43 Amalfi Bay
3.13 Belgarum 5.18 Blow Your Horn
3.43 Dear Ralphy

2.13 NOVICES' HURDLE (GBB RACE)
£4,066 (Class 4) 2m 5f 164yds (6 dec)
1 71-F GWASH (25) F O'Brien 5 11 9.....J J Burke
2 12-2 ● PYFFO (30) Jonjo & A O'Neill 6 11 9.....M McLernon
3 P8-PHIGWAY HERO (25) D Steele 6 11 2.....Tabitha Worsley(3)
4 LORD CHIPS A Honeyball 6 11 2.....R Dingle
5 PLANKTY (F545) Mrs D Grissell 5 11 2.....M Goldstein
6 23-3 BRIEFLY (27) A Honeyball 4 10 3.....S Twiston-Davies
TONGUE STRAP: Nos. 1, 3, 4 CHEEK PIECES: Nos. 1, 3.
W-Factor: Pyffo (129); Briefly (116); Gwash (112).
SP FORECAST: 11-8 Pyffo, 7-4 Gwash, 4 Briefly, 8 Lord Chips, 50 Highway Hero, 100 Plankty.

2.43 HANDICAP HURDLE
£4,066 (4) 3m 1f 166yds (6)
1 11-1 ● PADDY DE POLE (30) P Nicholls 6 12 0.....F Gingell(3)
2 11L SEA THE CLOUDS (238) J Snowden 7 11 13.....W Featherstone(10)
3 PP-1 EARTH KING (27) (C&D) N Mulholland 8 11 8.....H Cobden
4 6-22 THIRTYFOUR THIRTY (13) (C) S Hosie 5 11 4.....S Twiston-Davies
5 34L- PRESENTING YEATS (264) (D) R G Hawker 8 11 1.....J Best
6 4PL- KITESURFER (124) J Snowden 5 10 12.....G Sheehan
VISOR: No. 4 TONGUE STRAP: No. 2
CHEEK PIECES: Nos. 1, 3, 5.
W-Factor: Earth King (120); Thirtyfour Thirty (119); Paddy De Pole (118).
SP FORECAST: 13-8 Paddy De Pole, 9-4 Earth King, 5 Thirtyfour Thirty, 6 Sea The Clouds, 14 Presenting Yeats, 16 Kitesurfer.
TRACK FACTS: GOING: Good. Left Handed. TOP TRACK JOCKEY (2019-24): Gavin Sheehan 25% Strike rate. TOP TRACK TRAINER (2019-24): G & J Moore 21% Strike rate. FIRST TIME: 2-13 Lord Chips (tongue strap), 2-43 Thirtyfour Thirty (visor), 3-43 Glorious Mist (cheek pieces), 4-13 Beat The Heat (visor), 5-18 Cuban Court (cheek pieces, tongue strap), Sullivan Bay (wind surgery). BEATEN FAVOURITES: 2-13 Pyffo, 2-43 Sea The Clouds(hcp hdl). LONGEST TRAVELLER: Dacey Rielly (4-13) 264 miles. STABLE SWITCH: 2-13 Highway Hero from Elizabeth Feakes to D Steele, Plankty from J Gallagher to Mrs D Grissell. 2-43 Presenting Yeats from M Harris to R G Hawker. 3-13 Groom De Cotte from S Curran to G Brown. 4-43 Nadim from R G Hawker to S Hosie. 5-18 Tip Top Tonto from Dr R Newland & J Insole to J & R Flint.

3.13 HANDICAP CHASE
£3,248 (5) 2m 3f 104yds (10)
1 4-11 CALL OFF THE DOGS (17) (C&D) G & J Moore 9 12 0.....C Quinn(3)
2 4LP- PRINCESS MIDNIGHT (227) J Tizzard 6 10 6.....F Gingell(3)
3 F5-3 GROOM DE COTTE (34) G Brown 8 11 5.....R McLernon
4 P-46 MISS FEDORA (18) Seamus Mullins 5 10 12,M G Nolan
5 LB-P I LOVE YOU SIVOLA (23) (D) Mrs H Nemes 6 10 9.....Charlie Price(3)
6 4L-4 CONCEAL (1) Billy Aprehian 9 10 6.....K Brogan
7 PP-3 ● BELGARUM (14) J Tizzard 6 10 6.....B J Powell
8 P1-2 MILLIES MITE (27) (C&D) K Jewell 8 10 5.....M Goldstein
9 L-3L SHAW'S CROSS (17) A Irvine 12 10 2.....P Armonson(3)
10 L85- MILTON BOY (77) N Hawke 5 10 2.....D Noonan
BLINKERS: No. 1 TONGUE STRAP: Nos. 2, 3, 5, 7, 8
CHEEK PIECES: Nos. 6, 8, 10.
W-Factor: Conceal (109); Princess Midnight (106); Call Off The Dogs (105).
SP FORECAST: 2 Call Off The Dogs, 4 Millies Mite, 6 Belgarum, 8 Princess Midnight, 10 I Love You Sivola, Shaw's Cross, 12 Conceal, 14 Groom De Cotte, Miss Fedora, 33 Milton Boy.

3.43 HANDICAP HURDLE
£3,248 (5) 3m 1f 166yds (10)
1 3L-9 ASTROMAN (F18) (C&D) S Hosie 7 12 0.....B Harris(3)
2 P6-2 ● DEAR RALPHY (17) A Honeyball 8 11 10.....H Cobden
3 P5-F HE'LLSTOPATTHETOP (17) K Burke 7 11 4.....H Kimber
4 OPP- WEARAPINKRIBBON (133) Mrs H Nemes 8 10 13.....Paul O'Brien
5 SP-1 NO MORE NO (34) (F) Mrs L Hill 5 10 12.....R Patrick
6 21-6 HE IS A CRACKER (37) G Brown 8 10 10.Isabelle Ryder(10)
7 3-4P JOYFUL KIT (24) H Brown 8 10 7.....B Godfrey
8 9P-4 NO WORRIES (31) N Mulholland 10 10 5.....S Twiston-Davies
9 P-3P GLORIOUS MIST (17) P Butler 7 10 5.....M Goldstein
10 PP-P YESNOSORRY (27) N Gifford 7 10 4.....James Davies
BLINKERS: No. 2 VISOR: No. 5 TONGUE STRAP: Nos. 2, 5, 6, 8, 10 CHEEK PIECES: Nos. 8, 9.
W-Factor: Joyful Kit (98); He'llstopatthetop (97); Wearapinkribbon (96).
SP FORECAST: 3 No More No, 4 Dear Ralphy, 11-2 He'llstopatthetop, 6 He Is A Cracker, 7 Astroman, 8 No Worries, 10 Joyful Kit, 16 Glorious Mist, 50 Others.

4.13 YEEHEAAAA.BET HANDICAP CHASE
£4,700 (4) 3m 1f 210yds (6)
1 1-11 VILLAGE MASTER (18) (F) W Greatrex 5 12 0.....J Bowen
2 6L-5 ● DICEY RIELLY (30)(T) P & M Bowen 7 11 13.....S Bowen
3 33-3 JIGGINSTOWN KING (36) (C) O Signy 7 11 9.....B R Jones
4 56-2 MASTERDREAM (F18) N Mulholland 7 11 7.....S Twiston-Davies
5 P-PL TOAD OF TOAD HALL (17) (C&D) Alexandra Dunn 8 10 2.....P Armonson(3)
6 LP9 ALWAYS FORCE IT (11) H Brown 5 10 2.....J Best
TONGUE STRAP: Nos. 3, 4 CHEEK PIECES: No. 4.
W-F: Jigginstown King (115); Toad Of Toad Hall (114); Dacey Rielly (112).
SP FORECAST: 11-8 Village Master, 7-2 Jigginstown King, 4 Masterdream, 5 Dacey Rielly, 10 Toad Of Toad Hall, 50 Always Force It.

4.43 HANDICAP HURDLE (DIV 1)
£3,248 (5) 2m 3f 29yds (10)
1 3P-L BEAT THE HEAT (17) (C&D) J Boyle 7 12 0.....Sean Houlihan
2 L-R3 NADIM (22) (D) S Hosie 5 11 13.....B Harris(3)
3 37-4 SAMI BEAR (37) C Gordon 8 11 10.....F Gordon(5)
4 P-37 TARA ITI (27) (C) G & J Moore 6 11 5.....N F Houlihan
5 4-45 STATE OF BLISS (10) N King 6 11 3.....J Quinlan
6 2P-2 ● AMALFI BAY (34) A Honeyball 6 11 2.....S Twiston-Davies
7 L/0-4 OUTBACK FRONTIERS (19) J G O'Shea 8 10 11.....S Bowen
8 37/6- HESBEHINDYOU (399) A Irvine 8 10 2.....P Armonson(3)
9 P-3P DEN THE DIVA (20) A Irvine 5 10 2.....J Best
10 L-P-L MAWLOD (36) (C) George Howell 8 10 2.....Tabitha Worsley(3)
VISOR: No. 1 TONGUE: Nos. 5, 6, 10 CHEEK: Nos. 2, 4, 10.
W-Factor: Amalfi Bay (53); Tara Iti (102); Beat The Heat (101).
SP FORECAST: 9-4 Amalfi Bay, 9-2 Tara Iti, 6 Nadim, 7 Sami Bear, 8 State Of Bliss, Beat The Heat, 10 Hesbehindyou, 12 Outbackfrontiersociety, 25 No Mean Feat, Vintage Icon, 50 Solid Fuel.

5.18 HANDICAP HURDLE (DIV 2)
£3,248 (5) 2m 3f 29yds (10)
1 22-2 EARTH CRY (25) N Mulholland 6 12 0.....S Twiston-Davies
2 65-2 ● BLOW YOUR HORN (13) I Williams 7 11 13.....C J Todd
3 8-75 CUBAN COURT (31) N King 6 11 10.....J Quinlan
4 41-4 TIP TOP TONTO (36) J & R Flint 8 11 5.....J Tudor
5 26-9 GRAIN OF HOPE (37) (F) E Lavelle 4 11 3.....T Bellamy
6 OP-P NO MEAN FEAT (36) S Hodgson 5 11 1.....A Anderson(5)
7 56-L DREADPOETSSOCIETY (35) C Gordon 6 10 7.....R Dingle
8 7-0P SULLIVAN BAY (30) Miss H Knight 4 10 2.....B J Powell

VICTORY OVER RUN-RATE

CALM DOWN: Buttler says England must just focus on beating Oman rather than scoring big

RIZWAN GETS PAKISTAN OFF AND RUNNING

PAKISTAN bounced back to keep their hopes alive, with Mohammad Rizwan hitting an unbeaten half-century in a seven-wicket victory against Canada.

A shock opening defeat by co-hosts USA and another against India had Pakistan on edge ahead of a must-win T20 World Cup clash in New York.

Things did not get off to the best of starts yesterday when Canada opener Aaron Johnson smashed successive boundaries to get the innings under way after Pakistan captain Babar Azam had put them into bat.

Johnson impressed as he brought up Canada's 50 only for Shreyas Movva (two) and Ravinderpal Singh (zero) to fall in quick succession.

Johnson took advantage of Fakhar Zaman's mistake when he was dropped on 44 to bring up his half-century shortly after with his fourth six.

But Johnson (52) was removed by Naseem Shah, with Canada setting a target of 107. Pakistan lost Saim Ayub (six) in the fifth over, but skipper Babar steadied the ship, bringing up the 50 partnership with opener Rizwan, above, off 49 balls.

Babar was dismissed for 33, but Rizwan's 53 off as many deliveries allowed Pakistan to seal victory with 15 balls to spare.

BUTTLE STAYING COOL IN ANTIGUA

JOS BUTTLER insists England must not get "consumed" by thrashing Oman tomorrow as their T20 World Cup defence was not at make-or-break stage just yet.

The reigning champions are trailing Scotland and Australia in Group B and know they will likely need maximum points from their last two games, as well as a major uplift in their net run rate, if they are to progress.

England's 36-run loss to the Aussies, followed by Scotland's heavy win against the Omanis, has left Buttler's men with a big deficit to recover if it comes down to a tie-breaker.

But England's captain is urging his team to focus solely on claiming victory in Antigua before worrying about trying to rack up a big score.

"I don't think it's s*** or bust quite yet. It's quite clear what we need to do and how we need to play," he said.

"First and foremost, we need to win the game against Oman to have any chance going forward into the next one. If we can get ourselves in a position to affect our net run-rate, that's

By Rory Dollard

what we need to do. That's the situation we find ourselves in, so we have to be aware of that but not be consumed by it.

"If we try and do that bit first, forget about trying to win the game and lose, then you've got no chance anyway.

"I'd rather have some kind of chance going into the last game and know exactly what we need to do."

Buttler has faced scrutiny over his leadership but stepped in as a surprise replacement for teammate Liam Livingstone, left, in yesterday's press conference despite not being originally expected to take questions.

But even with the spotlight on his role as skipper, Buttler denied he was feeling the heat.

"Not any more so than usual. I care more about the team than the media and outside noise," he said.

"That's always there, it's part of international sport. If you get to this level, you have to be able to deal with it, the stuff that gets written.

"I've played the game long enough now to know that it's very good at building people up and pretty good at criticising when it doesn't go right, especially in England.

"I don't do it on social media, but I do the same thing when I'm watching a game of football or rugby – how's he missed that from there? There's a level of acceptance."

ROCKY FLINTOFF, the son of Andrew, the 2005 Ashes hero and a current member of England's backroom staff, has been named in the England Under-19 squad for their three-game youth ODI series against Sri Lanka, starting on June 28.

The 16-year-old made his second XI debut for Lancashire at the start of April and hit a maiden century in his third match, smashing 116 from 165 balls against Warwickshire.

The teenager also put in another eye-catching display after scoring a half-century against Durham in his second game for the team.

EQUESTRIAN

OLIVERTOWNEND'S Tokyo Olympics gold medal ride Ballaghmor Class has been withdrawn from selection for the Paris Games.

Britain's world No.1 had two horses – Ballaghmor Class and Cooley Rosalant – on the nominated selection list.

But Townend said: "His preparation this season was interrupted.

"We could not secure the final qualification without compromising his best interests. This is so disappointing."



OUT ON A LIMB: Spain at European Aquatics Championships

THE BIG PICTURE

WORLD OF SPORT

RUGBY LEAGUE

HULL FC have confirmed Treigh Stewart will not join the club due to an "incident of alleged domestic violence".

Brisbane Tigers full-back Stewart, 23, had agreed an 18-month contract with Hull only last week pending a successful visa application. But the club were forced to make a U-turn after details

emerged Down Under.

A statement said: "The club have been made aware of an incident of alleged domestic violence involving the player in

Australia. Hull FC have therefore officially withdrawn their contract offer to the player."

DAVE CRAVEN



STEWART

1. What was the highest break in the main draw of this year's World Snooker Championship at the Crucible, achieved by Jackson Page, Ricky Walden and Mark Williams?
2. Who scored a hat-trick for Wigan Warriors in the Super League win at Huddersfield Giants last month?
3. Which Exeter Chiefs pair each scored two tries in last month's Gallagher Premiership home win against Harlequins?
4. In what year did Brazil last win the FIFA World Cup?
5. Which county cricket club used the one-day nickname Dynamos from 2000-14?
6. Which British swimmer won the men's 200m breaststroke at the 1976 Olympics?
7. What was the surname of the captain unseated by his horse Conrad in the first official running of the Grand National?
8. Which Fijian golfer was leading money winner on the PGA Tour in 2003, 2004 and 2008?
9. Which Japanese sport's name means 'way of the sword'?
10. Which Somali runner was men's 1500m gold medallist at the 1987 World Athletics Championships?

10 to tackle
RATINGS
0-3 Oh dear
4-6 Small beer
7-9 So near
10 Sporting Seer

ANSWERS: 1 142, 2 Liam Marshall, 3 Immanuel Feiyi-Waboso and Harvey Skinner, 4 2002, 5 Durham, 6 David Wilkie, 7 Becker, 8 Vijay Singh, 9 Kendo, 10 Abdi Bile.



RELAXED: McIlroy at Pinehurst yesterday

Rory feels Major wait nearly over

RORY McILROY believes he is “as close as he has ever been” to his fifth Major title ahead of the US Open, which starts tomorrow.

McIlroy finished second, one shot behind Wyndham Clark in Los Angeles a year ago. The Northern Irishman hopes to go one better at Pinehurst No. 2, the challenging iconic course designed by Donald Ross.

The 35-year-old’s last Major success was at the 2014 US PGA Championship.

Yet McIlroy believes if he retires a four-time Major champion, he will still have plenty to cherish from his career.

“I’m really proud of my body of work over the past 15 years and everything that I have achieved, whether it be season-long titles or individual tournaments or Majors,” McIlroy said after arriving at Pinehurst, North Carolina.

“Getting my hands on a fifth Major has taken quite a while, but I’m more confident than ever that I’m right there, that I’m as close as I’ve ever been.

“I want to try to compete and win as many Majors as I can. The only thing about trying to pick a number is that you’re setting yourself up for failure.

“Tiger [Woods] wanted to surpass Jack [Nicklaus]. It looks like he might not get there, but are we going to call Tiger’s career a failure? Absolutely not. It’s arguably the best. He’s played the best golf anyone’s ever seen.

“There’s always going to be that tinge of what could have been. I don’t want to do that to myself.

“If someone would have told me at 20 years old I’d be sitting here at 35 and this is the career I’ve had, I

GOLF

From Andrew Gamble at Pinehurst

would not have believed them and I would have been ecstatic.”

But McIlroy still believes he will win the elusive fifth Major.

He said: “I still like to think I’ve got a good run ahead of me. Hopefully, for the next 10 years.

“Whatever those numbers are, whatever the totals add up to, I’ll accept that and feel like I’ve done pretty well for a little boy from Northern Ireland that dreamed of playing golf for a living one day.”

McIlroy will begin his US Open campaign tomorrow alongside world No.1 Scottie Scheffler and PGA Championship winner Xander Schauffele, below. That group, who will tee off at 6.14pm UK time, are the top three players in the rankings.

McIlroy is excited to be in the marquee trio and insisted there is no disadvantage to going round the course alongside his rivals.

The world No.3 added: “It’s cool to be part of these pairings. We’re all experienced enough not to get caught up in it, just to go about our business and try to shoot a couple of good scores.”

□ JON RAHM has withdrawn from the US Open due to a foot infection. The issue forced him to pull out after six holes of his second round at LIV Golf Houston on Saturday.

The infection was reportedly healing but the Spaniard said: “I’ve decided it is best for my long-term health to withdraw from the US Open. To say I’m disappointed is an understatement.”

HORRENDOUS

CJ UJAH’s return to the British relay team ended in disaster at the European Championships yesterday.

Ujah and Richard Kilty found themselves reunited for the first time since a massive falling out after the former’s doping ban had them stripped of silver at the Tokyo Olympics.

But a quartet also featuring Jona Efoloko and Romell Glave finished last in their heat – with Kilty declaring: “It was horrendous.”

Ujah was appearing in his first championships since a 22-month suspension after a drugs test showed two banned substances.

The Tokyo quartet, which also featured Kilty, Zharnel Hughes and Nethaneel Mitchell-Blake, finished second behind Italy in the Olympic final in

Ujah’s big relay return ends in shambolic exit

From Alan Smith in Rome

2021 only to be disqualified. Yesterday morning, Ujah had the team in fifth after running the opening leg.

Efoloko fell back to sixth before Kilty gained ground, only for his handover to Glave to go badly wrong as the individual finalist slipped to last in 39.60secs.

Britain won gold in this event at the previous four European Championships, but Kilty said:

“I don’t know what happened. We should never have been running that slow. We are going to need to take a look

back at it on the video. That team on paper is a very, very fast team, but something clearly went wrong. It is very disappointing as we wanted to come here and win. We are capable of winning.”

How the team gelled was always going to be fascinating considering Kilty previously said he could “never forgive” Ujah for his “sloppy and reckless” positive test.

Ujah said he had not intentionally doped but the banned substances – ostarine and S-23 – came from supplements he had taken that were not batch-approved by Informed Sport.

But with Ujah welcomed back to the fold this week, it looked like the hatchet was being buried. It remains unclear whether he will make the squad for the Paris

Olympics, with Hughes, Jeremiah Azu and Mitchell-Blake all absent in Rome.

Yet this British four were still expected to coast into tonight’s final, only for it all to go horribly wrong.

While Kilty pointed out that “we have never run in that particular order before, we are trying things out for the Olympics”, he could not conceal his disappointment.

“The changeovers weren’t great from the feeling of them,” he added.

“We are a team, we are a unit. We win together, we lose together. We go back from this and learn from it.”

The women’s 4x100m team had no such issues as they ran a European lead of 42.25.

Dina Asher-Smith said: “That was really good. I couldn’t believe it when I saw the time.”

She was joined by Asha Philip, Desiree Henry and Amy Hunt, who added: “Maximum speed, minimal stress.”

The opposite was true of their male counterparts.



BATON BUNGL
Kilty’s handover to Glave, far left, went astray and cost GB dearly



CLOSE CALL: Neita was beaten on line

Neita’s heartache as she is pipped for gold

DARYLL NEITA was denied gold by just 0.01secs in the 200m on another night of mixed fortunes for the Brits.

The 27-year-old ran 22.50, only for Switzerland’s Mujinga Kambundji to clock a fractionally quicker time as Neita’s wait for an individual gold medal goes on. But

From Alan Smith

Eilish McColgan’s hopes of reaching the Olympics were left in Roman ruins after she stepped off 15 laps into a 10,000m race, in which fellow Scot Megan Keith earned bronze.

All three Brits were in a pack of nine that broke clear of an

oversized field inside 600m.

Jess Warner-Judd was first to become detached at 4km before McColgan, who has endured 14 months of injury hell, dropped off soon after and eventually stepped aside while in seventh place.

With just over 2,000m left to run,

Keith went to the front and looked good for gold until Italy’s Nadia Battocletti and Holland’s Diane van Es kicked 800m from the finish.

Tonight, Keely Hodgkinson is another overwhelming favourite in the women’s 800m after cruising through from yesterday’s semi-finals.

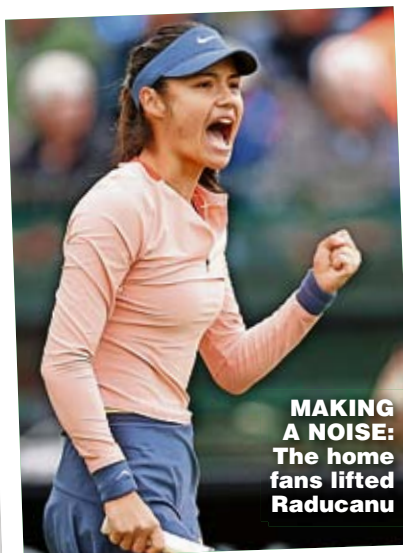
IN THE MOOD

Raducanu made an impressive winning return on home soil yesterday

Raducanu finds her homecoming challenging

EMMA RADUCANU hit out at Brazilian umpire Ana Carvalho after triumphing in Nottingham in her first match on home soil for almost two years.

The 21-year-old, who missed last year's grass-court season through injury, delivered an impressive 6-1 6-4 victory against Japan's Ena Shibahara



MAKING A NOISE: The home fans lifted Raducanu

NO HAWKEYE HAS EMMA FIRED UP

By Neil Squires

in the first round at the Rothesay Open.

But afterwards she took aim at the officials at a tournament which does not use Hawkeye or allow challenges for the calls that went against her.

"I feel like I was playing two v one on court – it was insane," said Raducanu.

"I would have used probably at least four challenges.

"A lot of the time they go both ways. Today, I felt they were all against me but it just makes me feel better that I managed to beat her and the umpire as well.

"It is difficult when there is no challenge but it is something everyone has to deal with. Maybe it was

just trying to make the match more competitive.

"There is a beauty in having all the linesmen and it does add to the drama for the spectators. For us, it can be the most frustrating thing ever.

"It's something I had to deal with and overcome. I am very pleased with the attitude I came out with from the get-go and also having to deal with the adversity, too."

Raducanu had already taken issue with two calls, including the first of the match, when she confronted the umpire over a backhand volley from Shibahara in the third game that had been called out, but which Carvalho overturned.

The 2021 US Open winner also described another baseline call, which went against her late in the second set, as "really bad".

Despite the distractions, Raducanu played some excellent tennis on her homecoming, winning in 70

minutes. In truth, it was the sort of match she should be winning at a canter against a Japanese doubles specialist ranked No.274 in the world.

Although Shibahara won the French Open mixed doubles two years ago and reached the women's doubles semi-finals at Wimbledon, in 2021, she was out of her league here.

Raducanu had a dip in the second set when she was broken twice from 5-1, but she had enough in hand to finish the match with plenty to spare.

She added: "An element of me forgot what it was like to play at home and have that support behind me and it is amazing. It's a great feeling.

"I am very lucky to have great support wherever I play, but it's not quite like coming and playing in the UK."

Raducanu faces Ukraine's World No.127 Daria Snigur – who beat the second seed Marta Kostyuk 6-3 6-3 – in the second round tomorrow.

EARLY EXIT: Murray was no match for Giron

Murray a doubt for shot at Olympics

ANDY MURRAY has cast doubt over whether he will be at the Olympics after crashing to a first-round defeat at the Stuttgart Open.

The 37-year-old, who was beaten 6-3 6-4 by American Marcos Giron, was expected to play in Paris in a possible career swansong.

But the Scot later expressed reservations. Murray said: "I need to see a little bit of what happens with the Olympics.

"I'm not 100 percent sure what the

By Neil Squires

situation is with the doubles. If I just get into the singles, whether or not I will play, I don't know.

"I don't know if I would go just for singles, so I need to wait a little and see."

Murray, who is next in action at Queen's, will team up with brother Jamie at Wimbledon next month as a doubles partnership.

However, Jamie's world ranking is too low to qualify him for the Games.

SPORT IN BRIEF

International Matches

N IRELAND (2) 2 ANDORRA (0) 0

Bradley 16, 22

PORTUGAL (1) 3 REP OF IRE (0) 0

Joao Felix 19

Ronaldo 50, 61

GREECE (2) 2 MALTA (0) 0

Bakasetas 7 (pen)

Tzolis 15

MOLDOVA (0) 0 UKRAINE (2) 4

Yaremchuk 2

Tsygankov 43

Dovbyk 49

Sudakov 55

Under-21 Friendly Match

ENGLAND U20 (1)..... 2 R OF IRELAND (1)..... 2

Brown 45

Scarlett 47 (pen)

Hodge 5

Okoflex 88

CRICKET

ICC MEN'S T20 WORLD CUP Canada

106-7 (20.0 overs; A Johnson 52); Pakistan 107-3 (17.3 overs; M Rizwan 53no). Pakistan win by 7 wickets.

T20 BLAST - SOUTH GROUP - Middlesex v Somerset (Lord's): Middlesex 78 (16.3 overs; R P Meredith 4-12). Somerset 82-1 (12.3 overs). Somerset (2pts) beat Middlesex by 9 wickets.

CYCLING

TOUR DE SUISSE, SWITZERLAND Stage 3 (Steinmaur - Ruschlikon, 161.7km): 1 T Nys (Bel) Lidl-Trek 3h 27m 31s, 2 S Williams (Gbr) Israel-Premier Tech, 3 A Bettiol (Ita) EF Education-EasyPost, 4 R Adria (Spa) BORA-hansgrohe, 5 P Lapeira (Fra) Decathlon AG2R La Mondiale, 7 A Yates (Gbr) UAE Team Emirates all at the same time, 9 B Tulett (Gbr) Team Visma | Lease a Bike at +3s, 15 T Pidcock (Gbr) INEOS Grenadiers at same time, 21 O Onley (Gbr) Team dsm-firmenich PostNL at +7, 23 E Hayter (Gbr) INEOS Grenadiers at same time.

Overall: 1 A Bettiol (Ita) EF Education-EasyPost 7h 39m 20s, 2 E Hayter (Gbr) INEOS Grenadiers at +6s, 3 W Kelderman (Ned) Team Visma | Lease a Bike, 4 S Williams (Gbr) Israel-Premier Tech at the same time, 5 J Almeida (Por) UAE Team Emirates at +9, 8 A Yates (Gbr) UAE Team Emirates at +10s, 12 B Tulett (Gbr) Team Visma | Lease a Bike at +13, 14 T Pidcock (Gbr) INEOS Grenadiers at +15.

DARTS

PDC PLAYERS CHAMPIONSHIP 11, (Halle 39, Hildesheim, Germany)—**Quarter-Finals:** R van Barneveld (Ned) bt K Doets (Ned)

6-4, A Soutar (Sco) bt N Zonneveld (Ned) 6-3, D Gurney (Nir) bt J Wade (Eng) 6-4, D van Duijvenbode (Ned) bt M Razma (Lat) 6-1.

Semi-Finals: A Soutar (Sco) bt D van Duijvenbode (Ned) 7-0, D Gurney (Nir) bt R van Barneveld (Ned) 7-4. **Final:** A Soutar (Sco) bt D Gurney (Nir) 8-7.

SNOOKER

CHAMPIONSHIP LEAGUE (Mattioli Arena, Leicester)—**Stage 1, Group 4:** C Benzey (Eng) drew with M Williams (Wal) 2-2; D Grace (Eng) bt F Quinn (Irl) 3-1; C Benzey (Eng) bt D Grace (Eng) 3-1; M Williams (Wal) bt F Quinn (Irl) 3-0; C Benzey (Eng) bt F Quinn (Irl) 3-1; M Williams (Wal) bt D Grace (Eng) 3-0.

Group 17: C Wakelin (Eng) bt R McLeod (Jam) 3-0; I Burns (Eng) bt L Pullen (Eng) 3-0; R McLeod (Jam) drew with I Burns (Eng) 2-2; C Wakelin (Eng) bt L Pullen (Eng) 3-0; L Pullen (Eng) drew with R McLeod (Jam) 2-2; C Wakelin (Eng) drew with I Burns (Eng) 2-2.

TENNIS

ROTHESAY OPEN (Nottingham)—**1st rd:** M Frech (Pol) bt N Hibino (Jpn) 6-1 6-4; T Maria (Ger) bt E Arango (Col) 4-6 7-6 (9-7) 7-6 (8-6) D Snigur (Ukr) bt M Kostyuk (Ukr) 6-3 6-3; R Marino (Can) bt V Golubic (Swi) 6-1 6-4; A Krueger (USA) bt Y Wang (Chn) 6-3 6-3; E Raducanu (Gbr) bt E Shibahara (Jpn) 6-1 6-4; O Jabeur (Tun) bt C Osorio (Col) 6-2 6-3; F Jones (Gbr) bt C Dolehide (USA) 7-6 (7-3) 6-3.

BOSS OPEN (Stuttgart, Germany)—**1st rd:** L Musetti (Ita) bt G Mpetshi Perricard (Fra) 7-6 (11-9) 7-6 (11-9) J Duckworth (Aus) bt P Herbert (Fra) 6-4 7-6 (7-2) B Nakashima (USA) bt C Eubanks (USA) 7-6 (7-4) 6-4; M Berrettini (Ita) bt R Safiullin (Rus) 7-6 (10-8) 5-7 7-5; A Rinderknech (Fra) bt A Michelsen (USA) 6-4 7-5; D Shapovalov (Can) bt M Martineau (Fra) 7-6 (7-5) 7-5; M Giron (USA) bt A Murray (Gbr) 6-3 6-4; J Struff (Ger) bt F Cobolli (Ita) 7-6 (9-7) 6-3.

TODAY'S DIARY

CRICKET

ICC World Twenty20 - Group A: United States v India (New York, 3.30). **Group C:** West Indies v New Zealand (Tarouba, 1.30am Thursday).

t20 Blast - North Group: Durham v Leicestershire (Riverside, 6.30pm).

TENNIS

Rothsay Open (Nottingham).

Libema Open ('S-Hertogenbosch, Netherlands).

Boss Open (Stuttgart, Germany).

Norrie puts Paris blues behind him

CAM NORRIE wants to put his French Open flop to good use and deliver a Wimbledon to remember.

British No.1 Norrie, who was dealt a first-round exit at Roland Garros a fortnight ago, bounced back with a hard-fought 6-1 4-6 6-3 win against Sho Shimabukuro in Nottingham.

He said: "I had a disappointing clay season.

By Neil Squires

I wanted to do much better in the French Open, but it's a positive that I get to come here and prepare for the grass. I want to get matches this week.

"I'm really excited, I know I can play well on the grass. It just takes time to build the confidence and get wins like this when you're not playing your best. I had to scrap in that

third set." No.2 seed Dan Evans, aiming to win the Challenger event for the third time, edged out Switzerland's Dominic Stricker 6-3 4-6 6-3 in the first round.

Evans said: "I'm familiar with the city, with the surroundings, with a lot of the people who come and watch.

"It's way more comfortable here than most

places, and it's just nice to be able to play here."

Wimbledon Boys' champion Henry Searle, 18, who fought his way through qualifying to reach the first round, pressed on with a 7-6 6-4 victory against American Denis Kudla, the runner-up in the tournament three years ago.

Evans plays Searle in the second round today.



GRASS IS GREENER: Win for Norrie

Reds won't let Joe be a Kompany man

FROM BACK PAGE

until June 2027 and the Reds see him as a hugely important player under new head coach Arne Slot.

Bayern are also looking at Chelsea's Levi Colwill, but the Blues are also in no mood to sell.

The England defender, 21, is under contract until June 2029 and, while he missed out on Euro 2024, he is looking forward to working under new Blues head coach Enzo Maresca. Bayern are also looking at Bayer

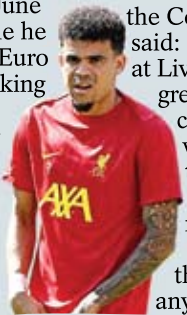
Leverkusen's Germany defender Jonathan Tah.

Liverpool have been boosted by Luis Diaz's decision to snub Barcelona's overtures.

The 27-year-old was wanted by Barcelona and his dad had said it would be a dream for the Colombia winger to play for them.

However Diaz, left, who is preparing for the Copa America, said: "I'm very happy at Liverpool. It's a great team and club. I've always wanted to play there, so I'm very happy and relaxed."

"I'm not thinking about anything else."



LUIZ NEARS JUVE

ASTON VILLA and Juventus are finalising a player-plus-cash deal for Douglas Luiz.

Villa are under pressure to sell before June 30 to help meet the Premier League's profitability and sustainability rules.

Midfielder Luiz, above, looks poised to depart with Juventus paying

By Ryan Taylor

£16million for the 26-year-old.

As part of the deal, midfielders Weston McKennie, 25, and Samuel Iling-Junior, 20, will move to Villa.

All three players are expected to agree personal terms with the clubs.



Sesko Premier snub

BENJAMIN SESKO is set to sign a new deal with RB Leipzig after snubbing interest from Arsenal, Chelsea and Manchester United.

The Slovenia striker has a £55million release clause but is now set for a contract that will make him one of Leipzig's top earners.

Sesko, above, travels to Germany today with Slovenia and wanted to make a decision before

By Ryan Taylor

Euro 2024. Slovenia manager Matjaz Kek had labelled the transfer saga a "circus".

But Sesko's agent Elvis Basanovic has told relevant parties the 21-year-old will be staying this summer.

The deal will have a gentleman's agreement enabling Sesko to leave Leipzig for a fair price in the future.



ALMIRON CAN GO

NEWCASTLE are ready to cash in on Miguel Almiron this summer.

The Paraguay forward has scored 30 goals in 209 games since joining from MLS outfit Atlanta in 2019.

Financial Fair Play regulations may force Newcastle to sell Almiron, above. Head coach Eddie Howe remains a huge fan of the

By Ian Murtagh

South American but he is looking for a right-sided forward and accepts a departure may be needed.

Almiron, 30, has suitors in the Saudi Pro League.

Bournemouth defender Lloyd Kelly is expected to sign for Newcastle in the next few days.



Clarke calls on Scots to be party poopers

From Keith Jackson in Garmisch-Partenkirchen

PLAYERS TOLD TO FORGET 'CIRCUS'

STEVE CLARKE last night insisted Scotland will not become a sideshow at Germany's big circus in Munich on Friday.

The Tartan Army manager is fine-tuning his final preparations for the Group A opener against the home nation on the night Euro 2024 officially gets up and running at a packed out Allianz Arena.

That includes working out how to get his players properly ready for the big kick-off behind the scenes when a glitzy opening ceremony is taking place out on the pitch.

Clarke has already warned his players that they cannot allow themselves to be distracted from the aim of getting the campaign off to a flying start.

He said: "Individually, they have to understand

that we're not there for the occasion. We're there for the game and the vast majority will understand that.

"The pre-match routine will be different because there's a show going on, on the pitch.

"We'll tell the players to expect something different, to adapt and be ready. Forget the circus that's going on and enjoy the game."

Clarke also insists he is not being suckered into believing reports that the Germans are undercooked for the finals.

"Everyone was telling me when the draw was made that Germany weren't in a good place," he said. "I wasn't fooled.

"You know when

it comes to a major tournament that Germany are always ready.

"It's a home tournament. You know they're going to be really up for this one.

"There was a bit in the media about a little bust-up on their training pitch. That just tells me that they're ready and up for it.

"We expect a very, very good Germany side, but hopefully they're facing a very, very good Scotland side."

Clarke and his players have been busy plotting for the tournament at their HQ here in Garmisch-Partenkirchen since arriving on Sunday.

He believes his squad are in

much better shape to cope than they were at Euro 2020 – having challenged them to go one step further and reach the knockout stages.

Clarke said: "From now, it's about being ready for the games. All those dynamics have been put in place over the past four or five years.

"I earmarked pretty early on, going into the last tournament, that they had about 400 caps between them. This time we're going in with about 800.

"We've got a good, experienced squad who have a better idea this time of what's required.

"Four points is the target to get qualification but we we'd like a little bit more."



Germany honours Franz

FRANZ BECKENBAUER will be honoured at the Euro 2024 opening ceremony in Munich on Friday.

'Der Kaiser' died in January, aged 78, and UEFA will pay tribute to the late German icon ahead of the host nation's clash against Scotland.

Germany's two living European Championship

winning captains, Bernard Dietz (1980) and Jurgen Klinsmann (1996), will be joined by Beckenbauer's wife, Heidi, as they bring the Henri Delaunay Trophy – awarded to the tournament winner – on to the pitch before the opening match.

Beckenbauer captained West Germany to their first Euros crown in 1972.

GROUP EFFORT
Scotland players train in Germany as they get ready to face the hosts on Friday



HURT: Lewandowski

Poland hit by Lew blow for Dutch clash

ROBERT LEWANDOWSKI will miss Poland's opening match of Euro 2024 against Holland on Sunday after suffering a hamstring tear.

The Barcelona striker came off injured in the 32nd minute of the 2-1 win in Poland's final warm-up match against Turkey on Monday.

Team doctor Jacek Jaroszewski confirmed the injury and said Poland

were "doing everything so that Robert can play against Austria".

Poland face Austria on June 21 before playing France four days later.

Lewandowski's strike partner Arkadiusz Milik is out after knee surgery but forward Karol Swiderski and midfielder Pawel Dawidowicz are expected back in full training in the next few days following injuries.

❑ **CRISTIANO RONALDO** bagged a stunning double to reach 130 goals for his country and send Portugal into Euro 2024 with a 3-0 win against Republic of Ireland in Aveiro.

The 39-year-old was teed up first by Ruben Neves and then by Diogo Jota for two superb strikes. Bruno Fernandes claimed the assist for Joao Felix's opener.

From **John Cross** in Jena

GARETH SOUTHGATE can boast the most expensive squad at Euro 2024.

The England manager's 26-man party are worth a staggering £1.06billion, with four players valued at more than €100million (£84m).

Real Madrid's Jude Bellingham is the most expensive at nearly £120m while Phil Foden, Harry Kane and Bukayo Saka also all feature in the global top 10.

It shows why Southgate is under pressure to deliver with his

Lions most valuable squad

star-studded Three Lions. The figures are provided by ETV (Estimated Transfer Value), a market-leading transfer valuation algorithm developed by Dutch data company SciSports.

The system is already used by 30 top European clubs and takes performance, age and contract length into account. More than 240,000 players in more than 250 leagues have been valued.

Although Kylian Mbappe is the world's most valuable player at £130m after completing his move to Real Madrid, France's squad value, of £900m,

is well behind England. There are three other stars figuring at the Euros in the world's top 10 most valuable players – Germany pair Jamal Musiala (£99m) and Kai Havertz (£77m) and France's Eduardo Camavinga (£82m).

Paul Macdonald, co-founder of FootballTransfers, who played a key role in developing the ETV algorithm, said: "With UEFA and respective leagues clamping down on overspending, we are witnessing a market where teams will be more careful with their budgets.

"What a selling team values a player at varies wildly from what their actual market value – based on the

parameters set within our algorithm – concludes that they are worth. Their ETV is relative to the ability, potential and achievements of other players in the algorithm, and in this case, with the likes of Mbappe and Bellingham leading the way, the best will always rise to the top."

ETV factors in skill, potential, recent performance, level of competition, contract duration, position and age.

Arsenal's Declan Rice – signed from West Ham for £105m last summer – was valued at £68.9m, which is certain to create debate among Gunners fans, who created chants last season about how they got a bargain.

Kobbie Mainoo's value is certain to rocket from £19.7m after his breakthrough season at Manchester United.

The figures show England's future is bright. But now Southgate must get the best out of his squad and deliver Euros success.

ENGLAND'S RICHES

Player	ETV
Bellingham (Real Madrid)	£119.74m
Foden (Man City)	£100.86m
Kane (Bayern Munich)	£91.43m
Saka (Arsenal)	£89.49m
Rice (Arsenal)	£68.93m
Bowen (West Ham)	£54.43m
Watkins (Aston Villa)	£44.32m
Gallagher (Chelsea)	£42.38m
Gordon (Newcastle)	£41.29m
Palmer (Chelsea)	£40.02m
Eze (Crystal Palace)	£39.18m
Alexander-Arnold (Liverpool)	£38.51m
Konsa (Aston Villa)	£31.94m
Guehi (Crystal Palace)	£30.33m
Stones (Man City)	£29.41m
Pickford (Everton)	£28.90m
Ramsdale (Arsenal)	£21.49m
Shaw (Man United)	£19.72m
Mainoo (Man United)	£19.72m
Gomez (Liverpool)	£18.96m
Walker (Man City)	£18.71m
Wharton (Crystal Palace)	£17.11m
Dunk (Brighton)	£14.91m
Toney (Brentford)	£14.66m
Trippier (Newcastle)	£11.12m
Henderson (Crystal Palace)	£8.59m



CAPTAIN: Kane is third on the list of England players



TOP TWO: Bellingham and Foden, below, are both of huge value

A BILLION REASONS TO BELIEVE

THE VALUE OF SQUADS AT EURO 2024

England	£1.06bn	Denmark	£316.78m	Scotland	£169.93m
France	£900m	Ukraine	£270.15m	Czech Republic	£136.41m
Portugal	£784.14m	Croatia	£261.21m	Slovakia	£129.31m
Germany	£663.19m	Switzerland	£260.71m	Slovenia	£117.25m
Spain	£622.54m	Serbia	£254.55m	Hungary	£110.62m
Holland	£552.79m	Turkey	£205.88m	Georgia	£96.58m
Italy	£480.25m	Austria	£187.15m	Albania	£93.14m
Belgium	£458.43m	Poland	£177.31m	Romania	£57.38m



WEALTH OF TALENT: Mbappe and Musiala, right



LEAGUE OF NATIONS

The Premier League will have 104 players at Euro 2024 – with 19 of the 20 clubs represented. Newly-promoted Ipswich are the only team without anyone there. Champions Manchester City have the most players with 14, followed by Arsenal (11) and Liverpool (10).

ARSENAL 11

Trossard (Belgium), Ramsdale (England), Rice (England), Saka (England), Saliba (France), Havertz (Germany), Jorginho (Italy), Kiwior (Poland), Tierney (Scotland), Raya (Spain), Zinchenko (Ukraine).

ASTON VILLA 4

Tielemans (Belgium), Konsa (England), Watkins (England), McGinn (Scotland).

BOURNEMOUTH 3

Kerkez (Hungary), Christie (Scotland), Zabarnyi (Ukraine).

BRENTFORD 7

Strakosha (Albania), Damsgaard (Denmark), Jensen (Denmark), Jorgensen (Denmark), Norgaard (Denmark), Toney (England), Flekken (Holland).

BRIGHTON 6

Dunk (England), Gross (Germany), Undav (Germany), Verbruggen (Holland), Moder (Poland), Gilmour (Scotland).

CHELSEA 8

Broja (Albania), Lukaku (Belgium), Gallagher (England), Palmer (England), Maatsen (Holland), Petrovic (Serbia), Cucurella (Spain), Mudryk (Ukraine).

CRYSTAL PALACE 5

Andersen (Denmark), Eze (England), Guehi (England), Henderson (England), Wharton (England).

EVERTON 3

Onana (Belgium), Pickford (England), Mykolenko (Ukraine).

FULHAM 3

Castagne (Belgium), Palhinha (Portugal), Lukic (Serbia).

IPSWICH 0

LEICESTER 4

Faes (Belgium), Hermansen (Denmark), Kristiansen (Denmark), Vestergaard (Denmark).

LIVERPOOL 10

Jaros (Czech Republic), Alexander-Arnold (England), Gomez (England), Konate (France), Gakpo (Holland), Gravenberch (Holland), Van Dijk (Holland), Szoboszlai (Hungary), Jota (Portugal), Robertson (Scotland).

MANCHESTER CITY 14

De Bruyne (Belgium), Doku (Belgium), Gvardiol (Croatia), Kovacic (Croatia), Foden (England), Stones (England), Walker (England), Ake (Holland), Bernardo (Portugal), Cancelo (Portugal), Dias (Portugal), Nunes (Portugal), Rodri (Spain), Akanji (Switzerland).

MANCHESTER UNITED 8

Eriksen (Denmark), Hojlund (Denmark), Mainoo (England), Shaw (England), Dalot (Portugal), Fernandes (Portugal), McTominay (Scotland), Bayindir (Turkey).

NEWCASTLE 4

Gordon (England), Trippier (England), Dubravka (Slovakia), Schar (Switzerland).

NOTTINGHAM FOREST 2

Mangala (Belgium), Sels (Belgium).

SOUTHAMPTON 1

Bednarek (Poland).

TOTTENHAM 4

Hojbjerg (Denmark), Van de Ven (Holland), Vicario (Italy), Dragusin (Romania).

WEST HAM 4

Coufal (Czech Republic), Soucek (Czech Republic), Bowen (England), Areola (France).

WOLVES 3

Neto (Portugal), Sa (Portugal), Semedo (Portugal).

*Source: www.premierleague.com

Stones is backed to play in opener

FROM BACK PAGE

important. We want everyone as fit and healthy as possible going into the tournament so we can perform our best.”

Full-back Luke Shaw took part in the hour-long open session in front of around 500 locals in Jena, which is close to England’s training base.

But Shaw, who is recovering from a hamstring injury, ended training wearing a green-coloured bib to ensure no one tackled him, as he did not take part in full contact work and looks certain to miss the Serbia game.

Gordon says Shaw is on the “right path”, adding: “He’s back in training now and doing really well. I did a bit of my rehab with him and he was way ahead of schedule.”

Three Lions manager Gareth Southgate,



SHAW: ‘Doing well’

whose contract expires in December, has also admitted that he will probably leave his job unless he guides England to glory this summer. But Gordon says the players all want him to stay.

“From a selfish point, I would want him to stay. I love working with him,” he said.

England players will not be told to shut down their social media accounts during the tournament.

Some stars are ready to log out of Twitter, Instagram and their other platforms to avoid seeing negativity and abuse.

Research has shown there is a big spike in abuse during major tournaments and there are bound to be fears about a repeat. But the FA are not planning any special guidance.

ENGLAND have made themselves at home in their “unbelievable” training base – and are charming the locals in the process.

They have checked into the luxurious Spa & GolfResort Weimar Land where they will stay, train and entertain themselves for the duration of their tournament.

But England’s players did an hour-long open training session yesterday at nearby FC Carl Zeiss Jena and it was Bayern Munich striker Harry Kane who got the loudest reception from the 500 watching fans.

Every national team are obliged to do an open session near to where they are training and England went through

From John Cross in Jena

their paces in the sun. They had spent the morning doing publicity pictures and media duties as they acclimatise themselves ready for the tournament.

Even the most experienced FA staff say the training base is the best they have seen and will help England prepare for the challenge ahead.

Forward Anthony Gordon said: “Base camp is unbelievable. Honestly, I wish you could see it. We have everything we could ask for – basketball court, padel court, spa for recovery.

“We have absolutely everything and couldn’t have asked for anything

England’s ‘unbelievable’ set-up for finals is a home from home

better. It’s a great place to be because when you come away from home, away from family for so long – hopefully – you need that base and start to make it a home from home. We’ve definitely got that.”

Germany used the facilities for their past two warm-up friendlies but have now moved to the Adidas Football Centre in Munich while England

booked the resort before anyone else. Austria coach Ralf Rangnick, the former Manchester United caretaker manager, was furious that his team missed out and counts it as his favourite golf course in the world.

The base is remote and about 35 minutes from the nearest city

LIONS LOVE A BASE IN THE SUN



CARRY HARRY
Kieran Trippier and Harry Kane look happy to leave the work to Kyle Walker



HAVING A BALL:
Bellingham with Bukayo Saka

Big character Bellingham has spring

LEGEND has it that when Wayne Rooney turned up at the England camp a couple of days before the start of the 2006 World Cup, having been a serious doubt with a foot injury, he announced his return with the following words: “The big man is back in town.”

It is hard to imagine Jude Bellingham saying something similar but after last Friday’s defeat by Iceland – for which he was absent – there was a

From Andy Dunn in Jena

reassuring bounce in the Real Madrid man’s step when he scored a gem of a goal in the practice match that wrapped up England’s open training session here in Jena yesterday.

Bellingham’s playful celebrations typified the mood at the Ernst-Abbe-Sportfeld stadium as Gareth Southgate’s final preparations for their Euro 2024 opener against

Serbia in Gelsenkirchen on Sunday began in earnest.

Earlier in the session, Bellingham had his hair ruffled by Declan Rice, right, after the pair duelled in a different training routine.

The dynamic between those two will be key to England’s fortunes at Euro 2024.

Since the early days of Bellingham’s international career, he has enjoyed a productive relationship with



of Erfurt but England have embraced the chance to make an impression on the local area.

The roads were shut in Jena to allow the Three Lions team bus to arrive and then the players – with all 26 taking part in training – signed autographs.

Gordon said: “It’s so impressive. I knew a few people would be coming here but didn’t expect so many and they were quite good during training celebrating.”

It is such a contrast to Baden-Baden in 2006 when England’s World Cup was overshadowed by the WAGs and it felt showbiz was more important than the football. This time, England are

WHAT A DRAW
Gordon was bowled over by the number of supporters who came to the open session

focused and, while the past week has seen headlines about Harry Maguire and Jack Grealish being axed from the squad, the 26 are now in the zone.

There is real competition for forward places and Gordon hopes he passed an audition in Friday’s friendly with Iceland, despite the defeat at Wembley.

The Newcastle forward said: “I feel really good. It’s been a big day of travelling, a lot of excitement getting here and then the first session. I

thought I did all right. I hadn’t touched the ball for four weeks so I felt a bit rusty especially around the final third. I made a couple of mistakes I wouldn’t normally do but it is better doing that then, rather than in a tournament.

“A few people have said that the squad has never been so competitive in terms of everyone is in form and everyone is in a really good place. Everyone is going to be at their best to try and play.”



“We couldn’t have asked for anything better”

AT FULL STRETCH Gordon, right, and Foden, left, limber up as England try to find the right balance

in his step as he carries hopes of a nation

Rice, the Arsenal midfielder delighting in being able to provide the platform for his precocious team-mate to flourish.

Although Bellingham took La Liga by storm and finished his club season by helping Real Madrid win a 15th European Cup, there was the odd sign that a sensational year was catching up with him.

He clearly needed the short break before he joined up with

England. There were certainly no signs of fatigue on an afternoon which was half PR exercise in front of 500 locals and half serious training.

But there was a spirit and enthusiasm about the squad that was suitably encouraging. All 26 squad members took part in the session, although Luke Shaw was, in the main, a

bystander who got the odd kick of the ball following his hamstring injury.

Southgate could barely resist getting involved in the headers-and-volleys game as he showed he is not a remote sort of manager who clinically observes from the sideline.

Here, he refereed a mini-match involving Harry Kane,

Kyle Walker, Kieran Trippier and John Stones, and also did his fair share of ball-gathering.

Southgate has always prided himself on a personal connection with his players and over the course of an hour, the Three Lions manager ensured he got around everyone for the odd word and the odd laugh.

He saved a special chat for Bellingham. No wonder. The big man is back and England expects.

KANE LEADS BY EXAMPLE WITH ADORING CROWD

From Andy Dunn

WHEN Harry Kane jumped on an unsuspecting Kyle Walker for a piggyback during England’s open training session, the 500 locals loved it.

But that was hardly surprising. When it came to receiving adulation from the small but delighted crowd, Kane was head and shoulders above the rest of the Three Lions squad.

Long after the other 25 players had headed for the dressing rooms of the Ernst-Abbe-Sportfeld stadium, the England captain was still out in the late afternoon sun, trying his best to satisfy the demands of admirers.

Kane is not a national hero out here but his goalscoring feats for Bayern Munich have earned him widespread

admiration. Kane takes his responsibilities as the leader of this England squad seriously – there was not a youngster who left the arena in Jena disappointed.

Kane has also made sure the less experienced members of the England squad have been made to feel at home.

Adam Wharton’s dad, John, said of the young midfielder: “He’s loved this training camp with the England team, having breakfast sat next to Harry Kane, talking to Declan Rice. He’s enjoyed the whole experience.

“He’s a happy chap at the moment! We never expected it to move this quickly, it’s been a whirlwind.”



HOSTS’ FRUIT BAN

FROM BACK PAGE published by the governing body.

All food is expected to be confiscated at one of three security checkpoints outside all 10 grounds in Germany but the supporters’ guide bizarrely singles out “fruit, such as apples, bananas, oranges, etc.” and does not mention any other specific items.

Fans will be allowed to bring healthy snacks if they can prove they are required for medical reasons but they must ask the stadium authority in advance.

Once inside they will be able to buy a bockwurst sausage for £3.90 or vegan

currywurst for £4.50 in a menu containing little beyond the local cuisine.

A 500ml cup of Bitburger will cost £5.90 – although only low alcohol beer of one percent is expected to be sold at England’s opening game because it has been deemed high-risk owing to threats from far-right Serbian ultras.

The Foreign Office has issued a warning to 40,000-plus England fans heading to Germany, saying: “Beer can be stronger than in the UK, so drink responsibly, know your limits and respect local laws.

“You may not be let into the stadium if you drink too much.”



The UEFA EURO 2024 Official Programme is on sale now! Order from reachsportshop.com



BATTLE READY: Stones showed he will be fit for the opener



Stones ready to weigh in for England

From **John Cross** in Jena

JOHN STONES has given England a huge fitness boost and is proving his "elite mentality" ahead of Euro 2024.

The Manchester City defender took part in a full training session yesterday and will be fit for England's Group C opener against Serbia in Gelsenkirchen on Sunday.

Stones, 30, had to go off at half-time of England's friendly defeat by Iceland last Friday and was a major worry ahead of their Euros campaign. But England team-mate Anthony Gordon said: "As I said after the match, I was a bit worried when he went down because he's such a big player for us, but he's fine. He's got an elite mentality, so I've had faith in him. It's really

TURN TO PAGE 58, COLUMN 1

By **Alan Smith**

FANS will be blocked from bringing fruit into stadiums at Euro 2024 – with host country Germany determined to boost sales of sausages.

Any supporter caught attempting to smuggle in apples or oranges risks being banned from the rest of the tournament, according to guidance from UEFA.

Standard prohibited items – including flares and political messages – feature in a 10-page list of rules
TURN TO PAGE 59, COLUMN 5

IT'S THE WURST

Germans block fruit from Euros stadiums as fans urged to tuck into sausages instead



SIMPLY BANANAS

England fans at Euro 2024 have been banned from bringing fruit into stadiums



REDS TO TELL BAYERN: NO GO ON JOE

VINCENT KOMPANY wants to return to the Premier League and raid Liverpool for Joe Gomez. The former Burnley manager is eyeing up defenders after taking over as Bayern Munich head coach and likes the England international's versatility. Gomez,

By **David Anderson**

left, enjoyed his best season for Liverpool as he slotted in at centre-half, both full-back roles and even as a holding midfielder, making 51 appearances. The 27-year-old won back his England place under

Gareth Southgate and is in Germany preparing for Euro 2024.

Liverpool do not want to lose one of their most-valued players and will issue a firm hands-off warning to Bayern. Gomez is under contract

TURN TO PAGE 56, COLUMN 1

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24

ABCDEFHIJKLMNOPQRSTUVWXYZ *TUV1234WBD5

EASY

MEDIUM

		4		3	7			
8	3		4			5	9	
5		7			1			2
			6			1	5	
3	4				8		6	9
	8		9	5	2			
			2			9		6
	1	9					2	4
4			1	6		7		5

1				4				2
		2	7		6	1		
	4	9				6	7	
3	6		8			5		
				1				3
		5			7		4	9
	9	3		5		7	2	
				9	2	4		
6		8						1

DIFFICULT

	1			3			8	
8			7		4			6
		3				9		
	2			4			6	
5			6		2			8
	3			8			7	
		2				6		
9			4		3			2
	8			6			1	

**Calls cost 80p per minute plus your telephone company's network access charge.*

[illegible]

Solution tomorrow

Calls cost 80p per minute plus your telephone company's network access charge. Service provider Spoke Ltd - **Helpline 0333 202 3390*

A C H I P P S T Y

A diagram of a 5x5 grid. The central column consists of 5 squares, and the central row consists of 5 squares. The intersection of the central row and central column is the center square of the grid.

1	2	3		4	5	6		7
			8					
9						10		
11							12	
13		14						
			15			16		
17					18			
19								
	20							

Solution tomorrow

**Calls cost 80p per minute plus your telephone company's network access charge.*

		16	6	18			21	14	9
22					10	8			
18						19			
			22			20			
		15						28	
	32								11
9									
6				5			9		
			16						
7							6		
				13	4	10			
	40								
			26						

Solution tomorrow

Puzzles

QUIZWORD

ACROSS

- 7, 8 and 13** Michael Curtiz film for which James Cagney won Best Actor in a Leading Role Oscar (6,6,5)
8 See 7
10 Seaport and tourist centre on the south coast of Cyprus (7)
11 & 21 Down Best Actress in a Leading Role Oscar nominee for The Whisperers (5,5)
12 Paul, Canadian artist whose works include 1884's Listening To The Skylark (4)
13 See 7
17 Marine gastropod mollusc such as the waved ---, Buccinum undatum (5)
18 Widely cultivated tree having a sweet gritty-textured juicy fruit (4)
22 Bertie, Irish Taoiseach from 1997 to 2008 (5)
23 & 3 Down George Sidney film starring Elvis Presley and Ann-Margret (4,3,5)
24 Jeff, 1988 USPGA golf champion (6)
25 Capital of Turkey (6)

DOWN

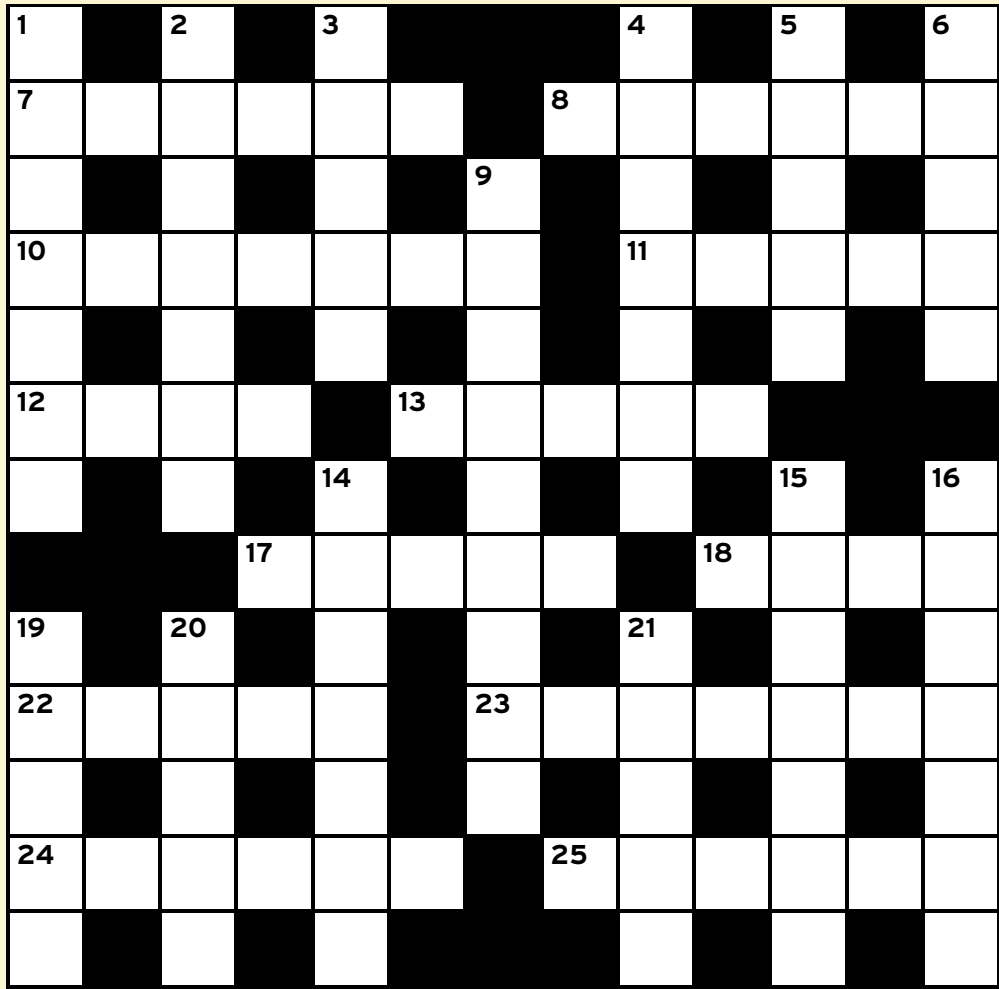
- 1** One of a race of giants in classical mythology having a single eye in the middle of the forehead (7)
2 Dennis, Guyana-born WBC Light Heavyweight champion 1990-91 (7)
3 See 23 Across
4 Musical instruction that a piece should gently fade away (7)

- 5** Paul, known as Red, fire-fighting specialist whose story was the basis for the film Hellfighters (5)
6 Ben, author of the screenplay for the Alfred Hitchcock film Spellbound (5)
9 Form of headgear exposing only the face or eyes named after an 1854 battle during the Crimean War (9)
14 & 20 The fourth of Anthony Trollope's Palliser novels (7,5)
15 Rare orange-red mineral which occurs in Utah and Romania (7)
16 Pierce, actor who played James Bond in the film The World Is Not Enough (7)
19 1859 opera by Charles François Gounod (5)
20 See 14
21 See 11 Across

Solution tomorrow

Stuck on the puzzle? Call
0905 789 4190
to hear individual clues or
the full solution

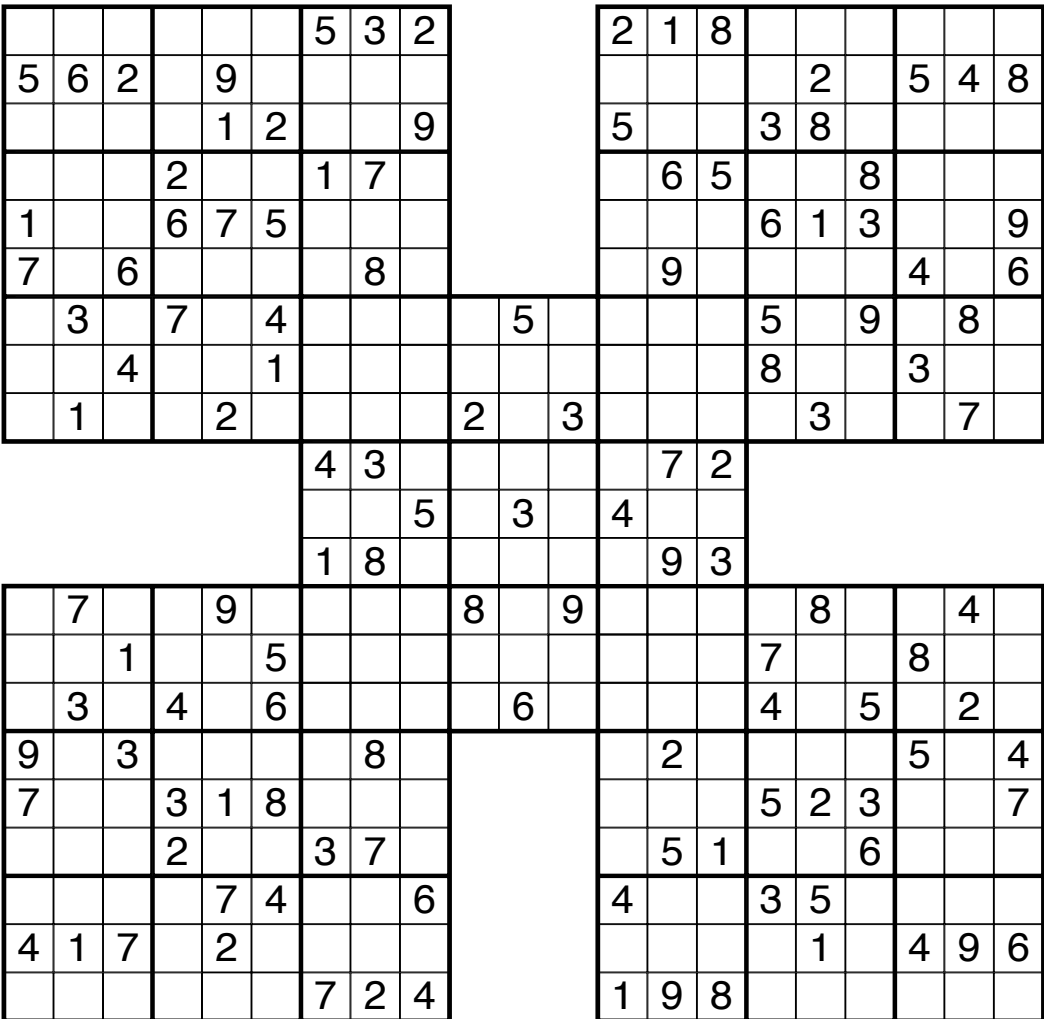
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Service provider Spoke Ltd -
Helpline 0333 202 3390*



SAMURAI SUDOKU

In Samurai Sudoku, normal sudoku rules apply, but the 9x9 sudoku at the centre shares four of its 3x3 boxes with those of the outer sudokus.

Solution tomorrow



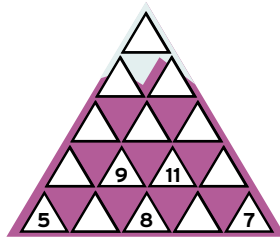
WORD BUILDER

Answer each clue so that every word contains the same letters as the previous word, plus or minus one.

Solution tomorrow

SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number?



Solution
tomorrow

- | | |
|---------------|------------------|
| 1 □ □ □ | 1 Paddle |
| 2 □ □ □ □ | 2 By mouth |
| 3 □ □ □ □ □ | 3 Tooth |
| 4 □ □ □ □ □ □ | 4 Lethal |
| 5 □ □ □ □ □ | 5 Ethical |
| 6 □ □ □ □ | 6 Rich earth |
| 7 □ □ □ | 7 Chinese leader |

QUIZWORD

- Across:**
1 Monet,
4 Kneecap,
8 Caliban,
9 Tenor,
10 Iona,
11 Of Daniel,
13 Taka,
14 Dove,
16 Steinway,
17 Gamp,
20 Moose,
21 Dead Air,
22 Nikopol,
23 Choir.

- Down:**
1 Mackintosh Man,
2 Nolan,
3 Tuba,
4 Kung fu,
5 Estragon,
6 Candide,
7 Purple emperor,
12 Skin Deep,
13 The Book,
15 Handel,
18 Alamo,
19 Marc.

SAMURAI SUDOKU

9	8	6	1	5	3	2	4	7
5	2	1	9	7	4	8	6	3
7	3	4	6	8	2	9	1	5
6	5	2	8	4	9	7	3	1
4	9	7	5	3	1	6	2	8
8	1	3	7	2	6	5	9	4
1	6	8	3	9	5	4	7	2
3	4	5	2	6	7	1	8	9
2	7	9	4	1	8	3	5	6

SMALL CROSSWORD

- Across:** **2** Calendar, **9** Annexe,
10 Nuns, **11** Yelp, **13** Romeo,
14 Elevenes, **16** Totem, **19** Oval,
20 Lose, **21** Steals, **22** Tricycle.

- Down:** **1** Mangetout, **3** Annie, **4** Less,
5 Extremity, **6** Deem, **7** Asleep,
8 Repossess, **12** Clover, **15** Shoal,
17 Taxi, **18** Alec.

Solution tomorrow

WORDSEARCH

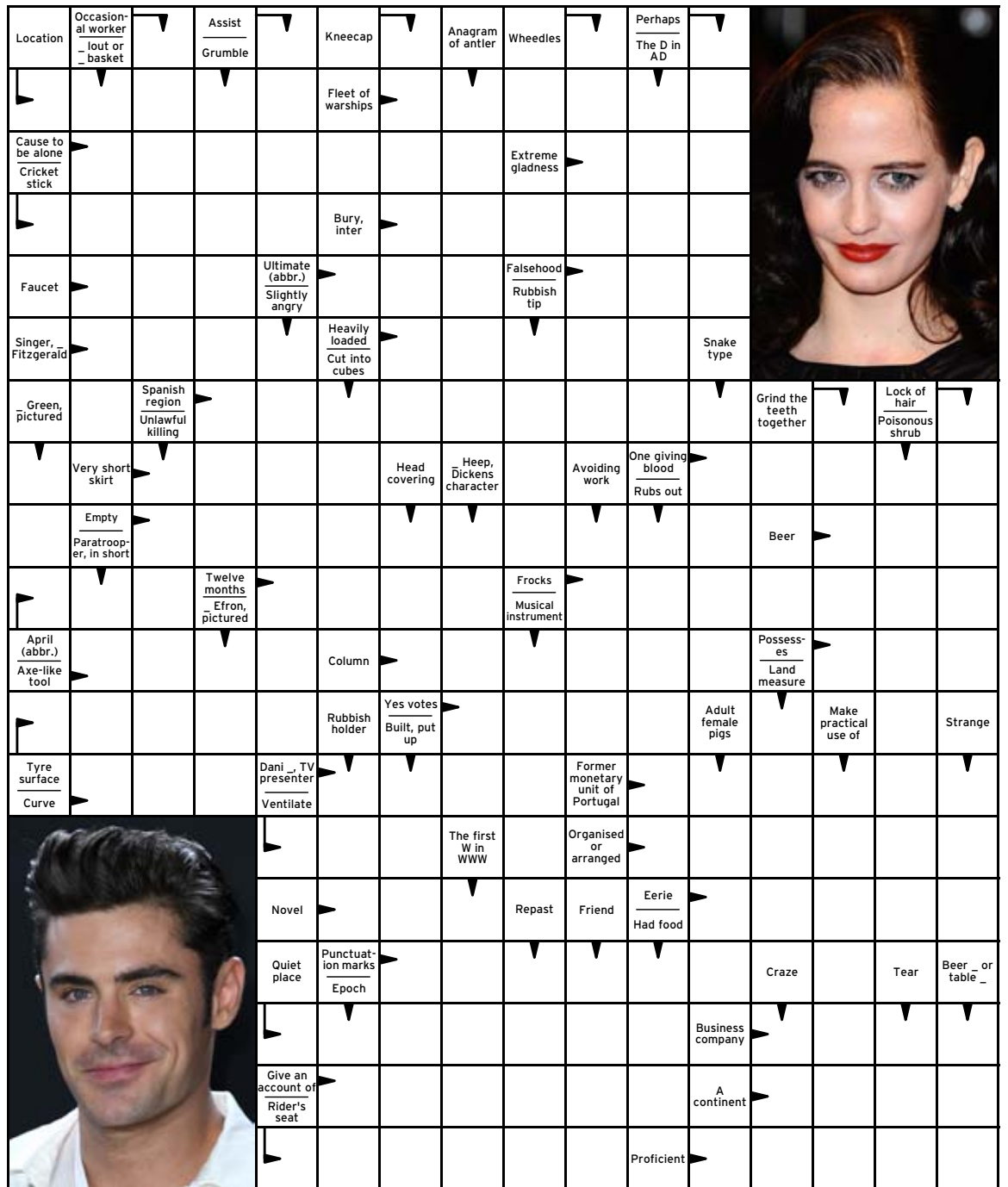


FRENCH WORDS USED IN ENGLISH

Find all the terms listed below in the grid.

Solution tomorrow

À LA CARTE ● AU PAIR ● BON APPÉTIT
CHaise LONGUE ● COUP D'ÉTAT
DOUBLE ENTENDRE ● EN ROUTE ● EN SUITE
FAIT ACCOMPLI ● FILM NOIR
GRAND PRIX ● HAUTE CUISINE
NOUVEAU RICHE ● PAPIER MÂCHÉ
PETIT FOUR ● SAVOIR-FAIRE ● TÊTE-À-TÊTE
VIS-À-VIS

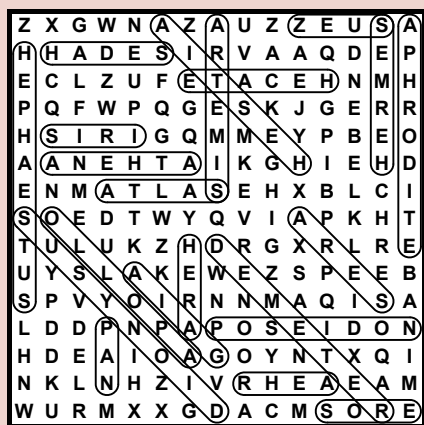


YESTERDAY'S SOLUTIONS

QUICK CROSSWORD

Across: 1 Jewel,
4 Purport, 8 Regular,
9 Cream, 10 Spry,
11 Converse, 13 Nail,
14 Grin, 16 Downcast,
17 Ague, 20 Niece,
21 Exploit, 22 Ejected,
23 Royal.
Down: 1 Jurisprudence,
2 Wager, 3 Lull, 4 Pardon,
5 Recovery, 6 Overrun,
7 Temperamental,
12 Discreet, 13 Nowhere,
15 Ascend, 18 Glory,
19 Spar.

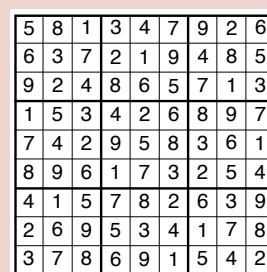
WORDSEARCH



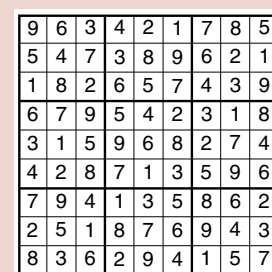
ARROW-WORD



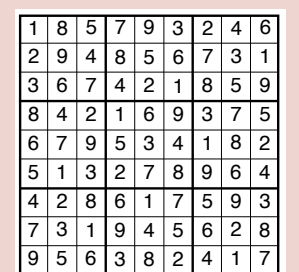
SUDOKU EASY



SUDOKU MEDIUM



SUDOKU DIFFICULT



TARGET

TEACHABLE abate abet ablate
able ache actable allee bale batch
bate bath bathe beach beat beta
blah bleach bleat cabal cable
chalet chat cheat chelate cleat
each eatable éclat elate hale halt
hate hatable hateable heal heat
lace latch late lath lathe teach
tabla table tache tala talc tale
teach **TEACHABLE** teal theca

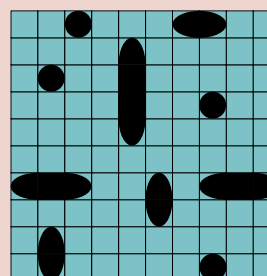
THE ALPHAPUZZLE

Across: Easy, Crossbar, Prizing, Annul, Awful, Armour, Insane, Jetton, Tactic, Carol, Adult, Discuss, Deadlock, Less.
Down: Emphatic, Card, Sniff, Spatula, Violin, Total, Ragbag, Acidic, Spasm (clue), Excuse, Banquet. Rouse. Rule. Analysis.

THE ALPHABEATER

Black squares: 2, 3, 5, 7, 11, 13, 17, 19, 23, 29, 31, 36, 37, 38.
Across: Queen, Consort, Jaw, Glover, Vast, Pique, Codifying, Exposures, Shows, Skid, Indigo, Jib, Flaying, Seize. **Down:** Pixels, Umami, Kohl, Quip, Oddity, Neglects, Choked, Rowing, Fusspots, Survey, Into, Rubs, Whizz, Tights.

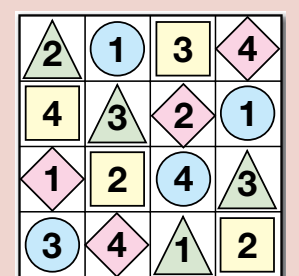
BATTLESHIPS



KAKURO



KEIJO



CROSS DOUBT

Across: LOVED
Down: ENNUI

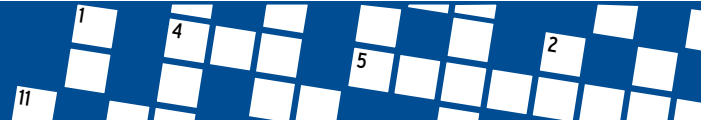
SUMMIT UP

107 and 63

WORD BUILDER

Bar, Drab, Bards, Boards,
Broad. Boar. Rob

Puzzles



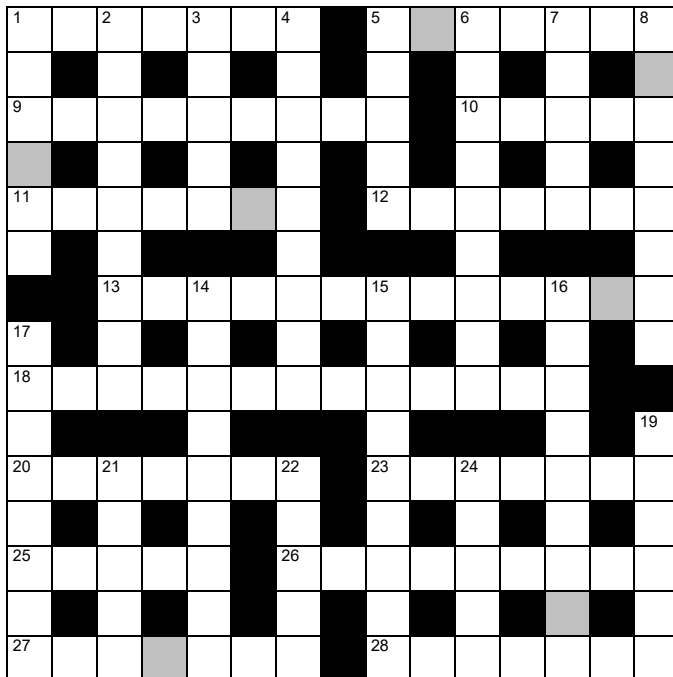
CRUSADER PRIZE CROSSWORD

ACROSS

- 1 Dance around with every character, back in florid passage (7)
5 Fame affects mad sort (7)
9 Untidy state upset green courier (9)
10 Topless yellow bird (5)
11 Answers about sour concoction left excitement (7)
12 You and I used brain in teaching session (7)
13 Pain caused by marathon and some needlework (7,6)
18 Authorise playing cards and prepare to start anew (5,3,5)
20 Crime did seem wrong (7)
23 I master new deity (7)
25 Spin round Italy's first city (5)
26 Yeoman is no vegetarian (9)
27 Lies about attitudes (7)
28 Instructor replaced cheat with hesitation (7)

DOWN

- 1 Reportedly, emblem used by a drummer (6)
2 Daughter is on track for conversation (9)
3 Requires new seed to be cultivated (5)
4 Search a new set before swimmer (9)
5 Wars break out around junction in the tube (5)
6 Cobra act involved getting one energetic (9)
7 Dove migrated north to county (5)
8 Butterflies displaying no charms (8)
14 Sensitive bits where courage finishes (5,4)
15 Guardian breaking garden pot (9)
16 Trial, getting striker a game of cricket (4,5)
17 Mark has one - Tim returned weapon (8)
19 Terribly sure about old city loan shark (6)
21 Sharpener found in a bad mood (5)
22 Key bets lost, causing obligations (5)
24 Article, thanks to foreign character (5)



FOR YOUR CHANCE TO WIN
Read down the letters in the highlighted squares to reveal the mystery word.

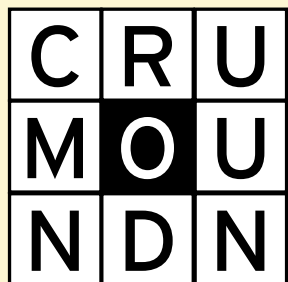
TO ENTER: Call **0904 161 3700** (calls cost £1.50 plus your telephone company's network access charge) and leave your answer and details, or text **DXCRUS** followed by a space, your answer, name and address details to **88833** (texts cost £1.50 plus your standard network rate). Lines close at midnight Saturday. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, June 12, PO Box 8694, Derby DE1 9TW. Entries must be postmarked by June 13 at the latest. For any postal enquiries, call helpline number. SP: Spoke - 0333 202 3390. An extra day is given for postal entries during bank holidays.
● One weekly winner will be the first random correct entry drawn from all entry routes after the closing date of midnight Saturday. Competition runs Sunday to Saturday. The Editor's decision is final.
NEED HELP? Call **0904 161 1609** for 5 extra clues! Calls cost £1.50 plus your telephone company's network access charge.

NAME _____
ADDRESS _____
POSTCODE _____

MONDAY'S SOLUTION

ACROSS: 1 Boiler, 4 Ice water, 10 Outline, 11 Rescind, 12 Stray, 13 Lamebrain, 14 Looking glass, 18 Apprehension, 23 Persimmon, 24 Motor, 25 England, 26 Landing, 27 Dungeons, 28 Settle. **DOWN:** 1 Boot sale, 2 Interpol, 3 Edify, 5 Caramel, 6 Washbasin, 7 Tribal, 8 Riding, 9 Jetlag, 15 Implicate, 16 District, 17 Intrigue, 19 Ramadan, 20 Handle, 21 Spread, 22 Oregon, 24 Mangle. **Prizeword:** LITERAL

TARGET



● The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)

HOW many words of four letters or more can you make from the letters shown here?
In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals. Verb forms ending in S permitted.

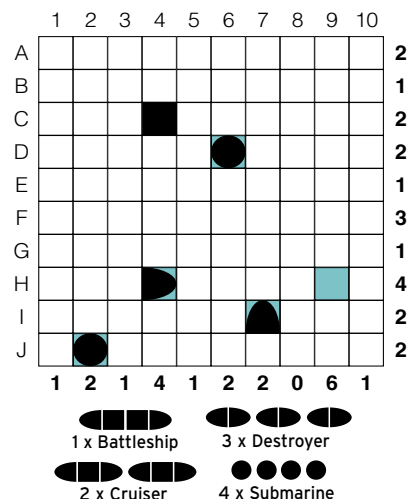
TODAY'S TARGET
Good 9; very good 13; excellent 17 (or more). **Solution tomorrow**

Call **0907 181 2585** for today's Target solution
*Calls cost 80p per minute plus your telephone company's network access charge.

BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.

Solution tomorrow



THE ALPHABEATER

TARGET TIME:
36 minutes

CAN you crack the Alphabeater? Each grid number represents a letter - or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' - in other words, it looks the same if you turn the page upside down.

Solution tomorrow

Extra letter clues
0907 181 2560
(Deduct three minutes for each extra clue letter heard)

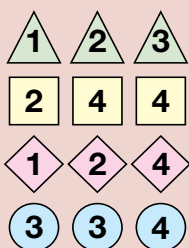
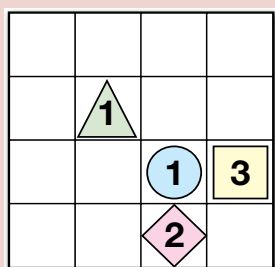
Full solution
0907 181 2558
*Calls cost 80p per minute plus your telephone company's network access charge.

A	4	17	26	18	20	27	25	17	13	17	19	15	40
B	25	1	13	21	40	10	33	5	29	18	21	31	10
C	9	19	12	21	25	20	39	6	22	7	11	26	16
D	17	9	9	8	19	1	6	10	24	20	4	9	26
E	38	7	28	18	38	27	37	14	1	38	6	34	28
F	9	23	8	20	27	31	5	18	12	29	18	33	7
G	10	9	34	14	10	21	16	27	5	20	13	39	30
H	31	3	31	4	5	6	28	14	37	4	17	20	21
I	22	11	14	16	12	9	24	18	5	25	40	29	19
J	4	36	33	18	17	22	20	22	10	32	18	37	4
K	13	33	30	3	11	23	9	39	27	9	22	1	25
L	1	18	2	18	26	12	8	28	38	39	11	5	31
M	28	37	22	37	40	32	18	26	9	35	20	31	35

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40

● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT** to **64343**. Texts cost £1 plus standard network rate.

KEIJO



Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column.
Solution tomorrow

THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters - below the main grid - to start. **Solution tomorrow.**

DIFFICULTY: 8/10; **TARGET:** 25 mins; **CLUE:** Models smashed rarely.

A	12	10	10	16	4	8	23		3	22	4	22	26
B	10		25		1		8		12		12		16
C	10	23	22	3	14		10	23	12	13	3	1	6
D	14		21		26		25		23		3		4
E	8	9	8	25	16	6	8	23		11	1	25	8
F	1				24		17		23		6		
G	21	8	6	6	8	25		26	8	25	7	12	3
H			12		7		10		19				22
I	18	1	20	26		5	23	12	22	6	4	8	7
J	12		15		5		16		16		25		10
K	16	4	8	2	8	23	13		5	23	16	1	25
L	26		23		6		16		1		6		1
M	5	23	8	1	7		7	8	25	16	13	15	5

1	2	3	M	4	5	6	7	8	9	Y	10	11	12	13
14	15	16		17	18	19	20	21	22	23	24	25	26	

EXTRA LETTER CLUES: 0907 181 2568*

Hear up to six Extra Letters, deduct two minutes for each clue letter heard.

FULL SOLUTION: 0907 181 2565*

ACROSS ONLY: 0907 181 2561* / DOWN ONLY: 0907 181 2562*

*Calls cost 80p per minute plus your telephone company's network access charge.

Alternatively, for six extra letter clues direct to your mobile, text **DXALPHA** to **64343**. Texts cost £1 plus standard network rate.

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THE DAILY EXPRESS 30-SECOND CHALLENGE

TODAY'S ANSWERS: BEGINNER = 5; INTERMEDIATE = 25; ADVANCED = 361.

PLAY MORE CROSSWORDS AND GAMES AT EXPRESS.CO.UK/PUZZLES

SP: Spoke - Helpline 0333 202 3390

Father's Day

GIFT GUIDE

**DAILY
EXPRESS**
**8-PAGE
SPECIAL**
12/06/24



**FOOD AND DRINK
PAGES 2&3**



**ADVENTURE, SPORTS
AND GAMES PAGES 4&5**



**GROOMING AND
FASHION PAGE 6**



**WILDCARD
PAGE 7**



In case you've forgotten

(it's Father's Day June 16th)

Pop in-store today



Rules & Procedures apply. Players (and gifters) must be 18+.



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ED'S PICK

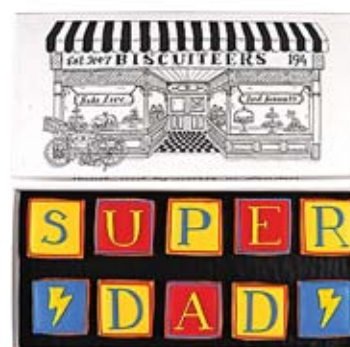
HOT SAUCE CHALLENGE SET, £19.99,
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PUKKA TEA CHEST, £26.80,
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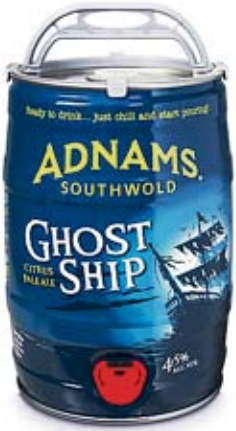


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UNDER**

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ED'S PICK

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**ADVENTURE,
SPORTS
AND GAMES**



PICT: Paul Mitchell Photography

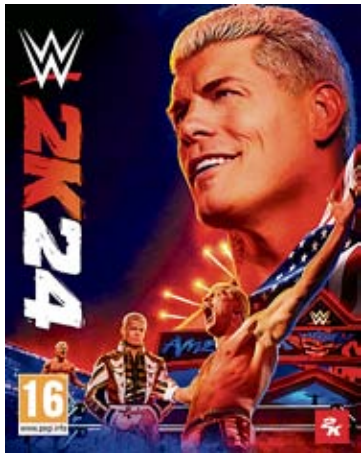
KARTING SESSION, £46,
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ED'S PICK

All prices correct at time of going to print

Just double checking...

you know it's Father's Day June 16th



Rules & Procedures apply. Players (and gifters) must be 18+.

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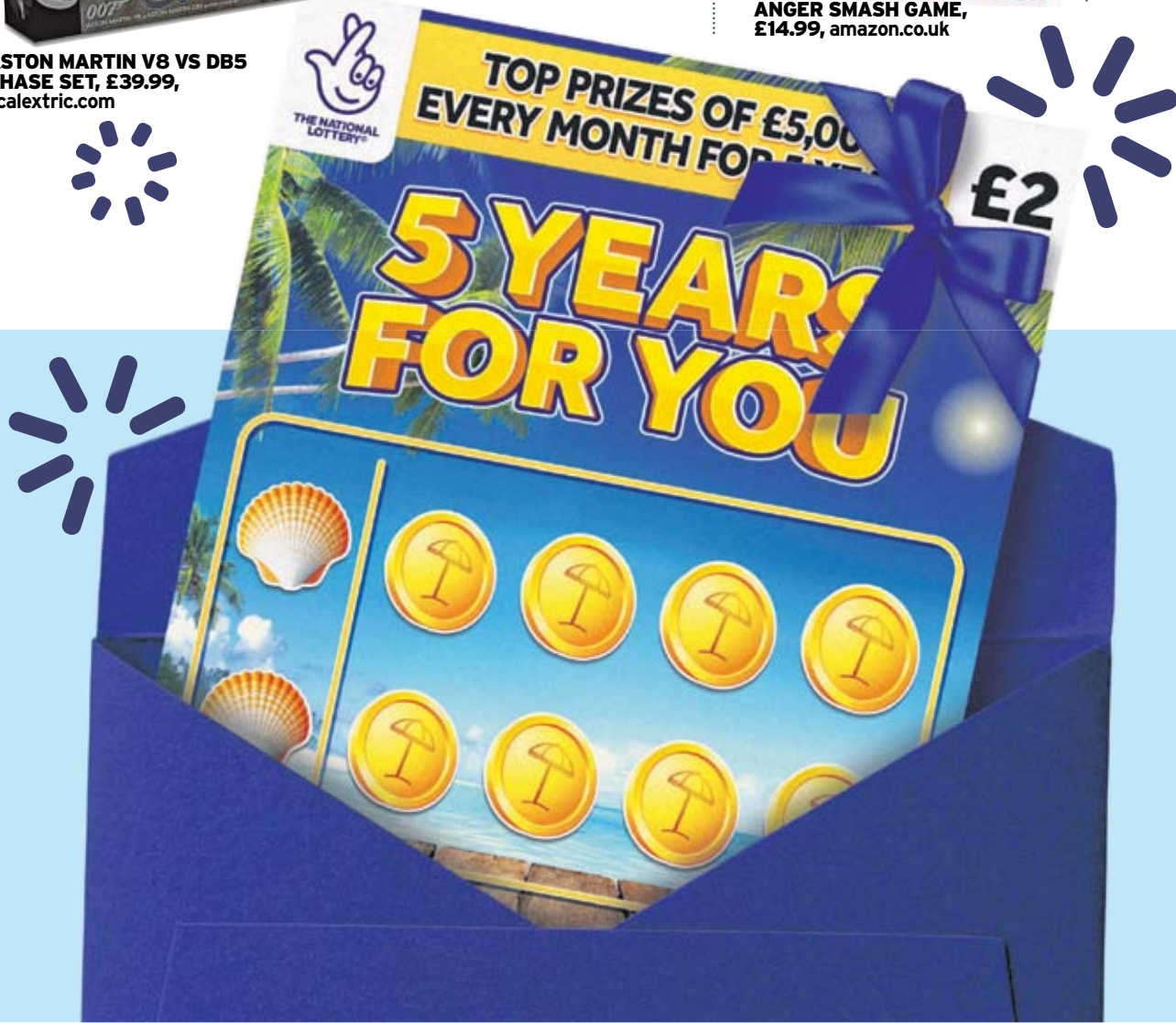
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WILDCARD

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ED'S PICK



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**Double, triple checking
you don't forget
Father's Day**

(June 16th)



Pop in-store today

Rules & Procedures apply. Players (and gifters) must be 18+.



Best Father's Day* gift ever

*it's June 16th BTW



Pop in-store today

Rules & Procedures apply. Players (and gifters) must be 18+.